

BIRKENSTOCK®
Made in Germany • Tradition since 1774

**Canada's
 Largest
 Selection!**

1875 Innes Road
 613-744-4040
 applesaddlery.com

**Apple
 saddlery**
Since 1972



**SWEET INDULGENCE
 SINK YOUR TEETH
 INTO CREPES AT
 LUNA CAFE {page 24}**



ROCKET MAN
**IT'S A DREAM
 COME TRUE FOR
 GLEE STAR {page 13}**



OTTAWA
metro®

Tuesday, May 31, 2011
www.metronews.ca



News worth sharing.



CONTRIBUTED

Bees swarm ByWard

► Huge cloud of insects descends on Clarence Street ► City workers use insecticide to disperse swarm

Yesterday was a great day to spend on a patio with a drink — and patrons of The Black Thorn in the ByWard Market decided to stay and enjoy themselves, despite the swarm of hundreds of bees nearby.

“No one really panicked,” said bartender James Gallant. “We had people stay for an extra round of drinks just to see what would happen.”

At about 12:45 yesterday, a swarm of bees “came out of nowhere” and started flying around outside of the restaurant on Clarence Street in the market.

“Then they settled down on one of our guest’s bikes and crawled all

“There were a few people we saw walking down the street — they didn’t realize what they were about to walk into — and then they turned around and ran away.”

JAMES GALLANT

over that,” said Gallant, adding that the bike was about 10 feet away from the patio where people were drinking.

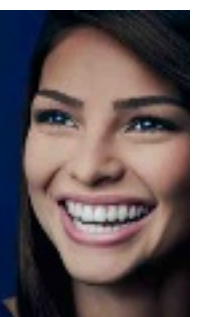
Police and city officials came and eventually dispersed the swarm, he said. ● JESSICA SMITH

► In this photo snapped by bartender James Gallant, bees swarm around bicycles locked near The Black Thorn on Clarence Street in the ByWard Market. The freak swarm, which was eventually dispersed by city workers, caused some to flee and others to order another pint.

**LOVE YOUR MORNING COFFEE
 BUT NOT THE STAINS?**



**Try Crest® 3D White™
 Professional Effects
 Whitestrips®**



How much
will you save?
Scratch off your
card and see!

35% OFF
40% OFF
45% OFF
EVERYTHING



The
Upper Room
Home Furnishings

2670 Queensview Drive
at Pinecrest Road

613-721-5873

www.UpperRoomHome.ca

The
Upper Room
Home Furnishings

**scratch
and
save**

35%



40%



45%

2670 Queensview Drive
at Pinecrest Road

12 Months, Equal Payments,
No Interest. (OAC)

613-721-5873
www.UpperRoomHome.ca

News in brief

Police call off body search

BOATHOUSE SIGHTING. Police and fire-service water teams searched the Ottawa River for hours in vain yesterday after someone spotted what they believed to be a body and notified police. The sighting took place at about 4:30 a.m. somewhere near the New Edinburgh Boathouse. The police search covered the area from the boathouse east to Cumberland.

● JESSICA SMITH

Gas suspected in ailment

OBSTRUCTED VENT. Paramedics treated a 59-year-old man and a 48-year-old male Ottawa firefighter for light-headedness possibly related to carbon-monoxide exposure yesterday after they spent time in the older man's basement in rural east Ottawa. Both men were conscious and alert when paramedics arrived. They're in stable condition in hospital. Ottawa Fire Services found low readings of carbon monoxide in the basement. They believe the vent on a propane-fuelled hot-water tank was partially obstructed. It has not yet been determined if the symptoms were a result of heat exhaustion or carbon-monoxide exposure. ● METRO



▶ People who love paper tend to miss mail the most, says Gary Stern, co-owner of Paper Papier in Byward Market.

Residents brace for possible postal strike

► Union to walk off the job Thursday at one minute before midnight if contract not settled ► Mail users scramble to come up with alternatives



JESSICA SMITH
@METRONEWS.CA

Almost 50,000 Canada Post employees will strike this week if their union does not reach a deal with the Crown corporation. But some Ottawa residents who use snail mail say they aren't too worried.

A strike would be a pain for Angela Swann, who hasn't quite finished sending out the invitations for her destination wedding in Punta Cana this November.

"There are still a lot of people who use mail."

GARY STERN, CO-OWNER OF PAPER PAPIER, WHO BELIEVES CANADA POST SHOULD BE CONSIDERED AN ESSENTIAL SERVICE

Fortunately, she has a backup plan.

"We created a website, so we're just going to email and let people know, send mass emails to everybody that if they could RSVP to our website, that would be

an alternative," she said.

However, she says a mass email isn't quite as nice as a pretty, personalized card.

"We love getting the RSVPs back," she said. "And traditional mail is part of the tradition of sending out wedding invitations. I know, especially the great aunts and uncles and older folk, they love getting the actual invitation. I don't think they'd appreciate getting invited over email."

People who work and shop at Paper Papier, a spe-

cialty store in Byward Market, have been talking about the looming strike, co-owner Gary Stern said.

"A lot of people say if there's a strike they will hand-deliver their letters or give their father his Father's Day card when they see him," he said.

Stern will be affected by a strike because he pays all of his suppliers by cheque, which he sends by mail, he said. If the strike goes on for a long time, he may work out how to pay suppliers by credit card.

1

news


Beneath Jerusalem, a massive — and controversial — underground city takes shape. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

The Canadian Press has issued an advisory for the Enchiladas Roll Ups recipe in last Thursday's Metro. People should ensure their slow cooker stoneware can be used on the stovetop before attempting the recipe.

DOWNTOWN



NEW LOOK, NEW SHOPS, NEW ATTITUDE!



WELLINGTON TO GLADSTONE

We Are NOT The Glebe!
We Are NOT Under Construction!

FREE PARKING
on Weekends
Downtown at City Lots & On-Street Spaces*
*West of The Canal / East of Borman / North of The Queensway / Excluding City Hall

500 SHOPS, SERVICES, RESTAURANTS & BARS



**EARLY BIRD DEADLINE
FAST APPROACHING!**

**70%
SOLD**

HOW WOULD YOU SPEND \$300,000?



EARLY BIRD DEADLINE JUNE 9, 2011

1 in 3*
BEST ODDS EVER

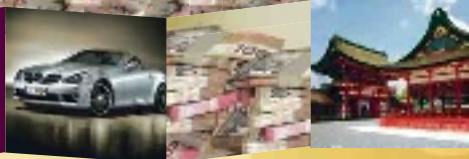
TOP GRAND PRIZE

\$2 MILLION

IT'S LIKE \$100,000 A YEAR FOR 20 YEARS*

**10
GRAND
PRIZES**

**CASH, CAR
AND TRIP
GRAND
PRIZES**



MILLIONS IN CARS, ELECTRONICS AND MORE!

**TICKETS
\$100 EACH
SAVE \$50
BUY 3
FOR \$250**

**1-888-551-1111
Ext. 700**



ORDER ONLINE www.heartandstroke.ca/lottery

100% OF NET PROCEEDS SUPPORT HEART AND STROKE RESEARCH THAT SAVES LIVES.

**BROCHURES
AVAILABLE AT:**



*Please refer to the full brochure or website for complete rules and regulations. Odds of winning any prize are approx. 1 in 3. All inquiries on the odds of winning are to be made to the licensee prior to ticket purchase. Only 250,000 tickets are available. Purchasers must be at least 18 years of age. 71,653 prizes at a value of \$10,831,246 (including all taxes and freight), will be awarded. Early Bird sales deadline is June 9, 2011. Final sales deadline is June 14, 2011. On August 2, 2011 major winners will be published in the Toronto Star and a complete list of winners will also be available at www.heartandstroke.ca/lottery. *\$2 million Grand Prize will be awarded as a lump sum. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 3696

04

metro

metronews.ca
TUESDAY, MAY 31, 2011

JOE LOFARO/METRO



► Ottawa West-Nepean MPP Bob Chiarelli takes the opportunity to slam the new Conservative platform, the Changebook, during a press conference yesterday. For more on the funding announcement go to metronews.ca/ottawa.

Changebook numbers come under Liberal fire

► Conservatives counter by saying their platform promises are fully costed ► One Tory promise states the HST will be taken off hydro and home-heating bills



JOE LOFARO
@METRONEWS.CA

Only a day after Ontario Progressive Conservative Leader Tim Hudak revealed his party's platform, called the Changebook, it was already drawing fire from Premier Dalton McGuinty's Liberal cabinet.

Infrastructure minister and Ottawa West-Nepean MPP Bob Chiarelli, attacked the platform yesterday during an unrelated high-tech funding announcement.

"There's a \$10 (billion) to \$12 billion cost to what he has put on the table,"

said Chiarelli at a press conference yesterday. "(Hudak) simply cannot deliver on health care; he cannot deliver on education with the fictional numbers that he has put on the table."

"When you take the veil off of the rhetoric and anger off of Tim Hudak, the numbers don't add up," said Chiarelli.

The Changebook promises to help Ontario families by cutting taxes and boosting healthcare and education funding.

"Changebook reflects where I come from and Changebook reflects, I think, the values of the

vast majority of Ontario families," Hudak said on Sunday.

The platform revealed some similar promises between the PCs and Liberals, such as expanding full-day kindergarten and balancing the deficit by 2017.

Jim Wilson, Tory MPP for Simcoe-Grey, said the numbers do add up and the plan is fully costed.

"We will balance the book by 2017, the same time the Liberals said they would," said Wilson.

"We'll be spending \$6.1 billion more in health and \$2.5 billion more in education."

TG
TERRASSES GABRIELLE

**411 North River Road
613-741-4411**

email: Ottawa@globegeneral.ca
www.terrassesgabrielle.com
www.globegeneral.ca



PREMIUM RENTAL APARTMENTS

- ♦ Indoor Salt Water Pool
- ♦ Fitness Center
- ♦ In Suite Washer and Dryer
- ♦ Rooftop Terrace
- ♦ Window Blinds
- ♦ Hardwood Floors

Penthouse suite, one bedroom available for July 1st overlooking the City and Rideau River

THE PERFECT RETREAT IN THE HEART OF THE CITY.

Overlooking the Rideau River, Strathcona Park and the Rideau Tennis Club, Terrasses Gabrielle is the perfect choice.



BIRKENSTOCK®

Made in Germany • Tradition since 1774

Canada's Largest Selection!

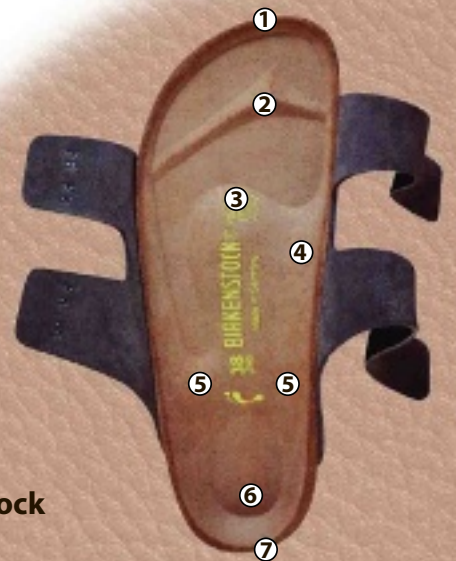


• 1,000's of Pairs in Stock

• Canada's Great Wall of Birkenstocks



ON SALE!



The Birkenstock Footbed

1. **Footbed Edge:** Deliberately elevated to protect the toes.
2. **Toe Bar:** Guides the toes, promoting the natural rolling movement of the foot.
3. **Cross Arch Support:** Helps shift pressure from the middle to the front of the foot.
4. **Suede Leather Lining:** Creates a healthy climate around the foot.
5. **Inner and outer longitudinal Arch Support:** Gives the foot support and provides stability for the heel.
6. **Deep Heel Cup:** Gives the foot a firm hold and maintains the heel profile.
7. **Cork Latex Footbed:** Extremely flexible, providing a uniquely high level of wearing comfort.



Apple

saddlery

Since 1972

1875 Innes Rd. • 613-744-4040 • applesaddlery.com

Afghanistan. Visit



► PM Stephen Harper, left, and Minister of Defence Peter MacKay in a bunker at a forward operating base in the district of Sperwan Ghar, Afghanistan, yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

PM salutes troops

Stephen Harper made the trip to the Kandahar region as Canada prepares to end its presence in the Afghan war.

Top Libyan brass defects

► Former officers from Moammar Gadhafi's regime urge others to jump ship ► Denounce both 'genocide' and 'violence against women'

Eight top Libyan army officers who have defected from Moammar Gadhafi's regime appealed to fellow officers yesterday to join the revolt to hasten the end of Gadhafi's 40-year rule.

Italian Foreign Ministry officials presented the five generals, two colonels and a major to reporters in Rome three days after they

fled Libya.

Former Libyan Foreign Minister Abdel Rahman Shalgam, who now backs the anti-Gadhafi rebels, told the news conference that the eight officers are "part of 120 officials who left and abandoned Gadhafi and are now out of Libya."

Italy, Libya's former colonial ruler, long had close

economic and diplomatic ties with Tripoli. But Rome was among the first Western nations to break with the regime and establish formal relations with the Libyan National Transitional Council that is representing anti-Gadhafi forces.

Gen. On Ali On read an appeal to fellow army officers, top police and security

officials "in the name of the martyrs who have fallen in the defence of freedom to have the courage" to abandon the regime.

Another general, identified as Yahmet Salah, told reporters that Gadhafi had only two brigades left that were allegedly carrying out the arrests and killings. **THE ASSOCIATED PRESS**

Yemeni leader's authority teeters

► More than 20 shot dead at protest camp ► Islamic militant groups seize town ► Former military officers call for army units to unseat president

Yemeni forces opened fire on a protest camp and killed more than 20 demonstrators yesterday in the southern city of Taiz while government warplanes launched airstrikes on another southern town seized by radical Islamists.

The new attempts to suppress the uprising against President Ali Abdullah Saleh with overwhelming force, following a weekend when high-level military defectors formed a united front in support of the protesters, all pointed to the longtime leader's increasingly tenuous grip on power.

More than three months of mass street protests have posed an unprecedented threat to Saleh's 33-year rule, splintering his securi-

ty forces and battering the country's already frail economy. The U.S. has moved away from its former ally despite fears that his fall could leave room in this rugged corner of the Arabian Peninsula for an active al-Qaida franchise or other militant Islamist groups to take power.

Saleh has responded to protesters who say they seek democratic reforms with a mix of promised concessions and bloody crackdowns, such as yesterday's.

Yemen's weakly governed provinces are known as a haven for al-Qaida and other Islamic militant groups like the one that overran the southern town of Zinjibar last week.

Government jets bombed Zinjibar's outskirts

yesterday, the loud booms sending up columns of smoke, resident Ali Dahmis said by phone. He said the army was targeting residential areas.

The airstrikes were the government's hardest hit

yet against the Islamists since hundreds of them streamed in Friday, seizing banks and government buildings. Military units battled them overnight and into yesterday.

THE ASSOCIATED PRESS

Unrest resumes

In the past week, a U.S.-backed mediation effort by Yemen's powerful Gulf neighbours for President Ali Abdullah Saleh to leave power in exchange for immunity

from prosecution failed. Then five days of street battles in the capital between Saleh's security forces and fighters from the country's most powerful tribal alliance left 124 people dead before the sides reached a tenuous ceasefire.

THE ASSOCIATED PRESS

HANI MOHAMMED/THE ASSOCIATED PRESS



► Anti-government protesters chant slogans during a demonstration demanding the resignation of Yemeni President Ali Abdullah Saleh, in Sanaa, Yemen, yesterday.



JF REY TRUNK SHOW

Formidable and fashionable frames

Monday, June 6th 2011
at the Clinic between 9:30AM and 7:30PM

Do not miss it!

ORLEANS OPTOMETRY CLINIC
1-1224 Place D'Orleans Dr., Orleans ON K1C 7K3

613.824.2000

optometryclinic@bellnet.ca



► Mayor Gregor Robertson

WILL MAYOR BET TO WRESTLE A BEAR?

JEFF HODSON
@METRONEWS.CA

Vancouver's mayor loves to bet other mayors on the Canucks' post-season fortunes. The last three years, he's disappointedly mailed off a picnic basket of local treats.

But thanks to the Canucks' playoff run, Gregor Robertson is living high on the hog (he's already won a ham from Nashville). But he seems to be running short of

HOME ICE ADVANTAGE



ideas for the Stanley Cup final and has taken to Twitter (@MayorGregor) for suggestions on what to bet Boston Mayor Thomas Menino.

Ideas so far: having the loser shave his head and — my favourite — wrestling with a bear or swimming with an orca.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Canada tour for newlyweds

► Trip will mark the first visit to Canada for the Duchess of Cambridge

Two of the country's biggest summer shindigs will bookend Prince William and Kate's visit to Canada — a trip the government is expecting to be an international media circus.

The newlyweds will begin their first official overseas tour in Ottawa, where they will attend Canada Day celebrations, and end it with the Calgary Stampede, the world-famous annual hoedown in Alberta. There will also be stops in Quebec City, Montreal, Yellowknife, Charlottetown, and Summerside, P.E.I. (Kate is reportedly a big fan of Anne of Green Gables).

"This is part of what nation building is all about — hosting these kind of events," Heritage Minister James Moore said yesterday. "Hosting the duke and duchess is an honour for



► Their Royal Highnesses Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge, journey by carriage procession to Buckingham Palace following their marriage at Westminster Abbey on April 29 in London, England.

Canada and we look forward to having them visit all of these different regions."

Canadian taxpayers will be on the hook for costs associated with the visit. Moore said it would be un-

der the \$2 million shelled out for the Queen's last trip.

The tour is to begin June 30 and conclude July 8. A full itinerary will be released at a later date.

THE CANADIAN PRESS

85 MORE THAN 85 U.K. JOURNALISTS HAVE SIGNED UP TO COVER THE TOUR, WHILE ONLY 18 CAME FOR THE QUEEN'S LAST TRIP TO CANADA.

Look inside today's **metro** for the icons below and enter for your chance to WIN.



Gas Stations



Grocery Stores



Drug Stores



Recurring Bill Payments

metronews.ca/momentum

YOU COULD

WIN
\$10,000 cash
and one of 5 weekly cash prizes of **\$2,000**

Courtesy of
Scotia Momentum®
VISA® Card†

You're richer than you think.®

Scotiabank®

♦ No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes June 19, 2011 at 12pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca/momentum.

† You will earn 2% cash back on the first \$25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% \$25,000 annual max., and on all other purchases. Scotia Momentum cash back is not awarded for cash advances, Scotia® VISA Cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.

* VISA Int./Lic. user The Bank of Nova Scotia. ™ Trademark of Visa Int./Lic. user The Bank of Nova Scotia. ® Registered trademarks of The Bank of Nova Scotia.


ZERO
TO GO

FUEL EFFICIENCY. SAFETY. VALUE.
MALIBU IS THREE FOR THREE.

0%
PURCHASE
FINANCING
FOR 48 MONTHS¹

+ **\$2,000** **+**
CASH CREDITS²

3 YEARS
GOODWRENCH
SCHEDULED
MAINTENANCE³

PURCHASE PRICE

\$21,995*

2011 MALIBU LS

OFFERS INCLUDE FREIGHT, PDI, LEVIES,
\$2000 CASH CREDIT², \$500 MAINTENANCE
CASH ALTERNATIVE³ & GM OWNER
LOYALTY BONUS⁴

FINANCING

\$211 ^{AT} **0%**

BI-WEEKLY FOR 48 MONTHS¹ \$0 DOWN PAYMENT

- Better Highway Fuel Efficiency than Camry LE, Accord LX and Fusion SE.^{ΔΔ}
- *Consumers Digest* Best Buy 2 years running.
- IIHS Top Safety Pick.
- Plus, 6 months of OnStar advantage for Directions and Connections Plan.[¥]



48 MPG
HIGHWAY

5.9 L/100 km HWY
9.4 L/100 km CITY^Δ



DRIVING OUR WORLD FORWARD

2011 CHEVROLET
MALIBU

ONTARIOCHEVROLETDEALERS.COM

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.^{***}

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦\$2,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2011 Chevrolet Malibu and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. *Offer applies to the purchase of 2011 Chevrolet Malibu LS R7C. †0% purchase financing offered by GMCL for 48 months on 2011 Chevrolet Malibu LS R7C. D.A.C. by TD Bank. Rates from other lenders will vary. Example: \$10,000 at 0% APR, monthly payment is \$208.33 for 48 months. Cost of borrowing is \$0, total obligation is \$10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. ¥*/†Freight & PDI (\$1,450), registration, air and tire levies and DMV fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2011 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. **Factory order or dealer trade may be required. ‡2011 Chevrolet Malibu equipped with standard 2.4L ECOTEC I-4 engine and 6-speed automatic transmission. Fuel consumption ratings based on Natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary. ΔΔ2011 Chevrolet Malibu with 6-speed automatic transmission and 2.4L Ecotec engine and comparably equipped (4 cyl. / automatic transmission) 2011 Toyota Camry and 2011 Ford Fusion. Fuel consumption ratings based on Natural Resources Canada Fuel Consumption Website. Highway fuel consumption as low as 5.9 L/100km. City fuel consumption as low as 9.4 L/100km. Your actual fuel consumption may vary. Excludes hybrid models. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ©For more information go to iihs.org/ratings. ¥*Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. ††2011 Chevrolet Malibu LTZ, MSRP with freight, PDI & levies \$34,589. Dealers are free to set individual prices. ♦♦Offer applies to new or demonstrator 2011 model year Chevrolet, Buick and GMC vehicles delivered between May 3, 2011 and June 30, 2011 at participating dealers in Canada. The Scheduled Maintenance program coverage expires after 36 months/60,000 km, whichever comes first, from the in-service date of the vehicle. This Scheduled Maintenance offer is a GM Canada marketing program and coverage cannot be redeemed for cash value. Program covers inspections, engine oil and filters change (up to a maximum of 6 services) and tire rotation in accordance with the vehicle's oil life monitoring system, if applicable, or as prescribed in the Owner Manual. Scheduled Maintenance services under this program must be performed at a GM Goodwrench dealer in Canada. Program excludes other replacement parts, fluids, and any "Additional Required Services" as outlined in the Owner Manual that may be identified during the inspection of the vehicle. Alternatively, a \$500 manufacturer-to-dealer credit (tax exclusive) may be applied to the vehicle purchase price for customers who opt out of the Scheduled Maintenance program. Offer available to retail customers in Canada only. Offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. Conditions and limitations apply. See Dealer for details. ♦Customers eligible for a GM Owner Loyalty Bonus will receive a \$1,000/\$750/\$500 manufacturer to consumer incentive (tax inclusive). Example: \$10,000 purchase price, after tax price is \$10,300 (\$10,000 plus \$1,300 applicable taxes). After applying \$1,000/\$750/\$500 credit, after tax price is \$10,300/\$10,550/\$10,800 (\$885/\$664/\$442 reduced purchase price plus \$115/\$86/\$58 applicable taxes), with the \$1,000/\$750/\$500 credit being the \$885/\$664/\$442 reduction from the purchase price and the \$115/\$86/\$58 reduction in taxes which would have otherwise been payable on the full purchase price. \$500 Credit may be applied towards the purchase/finance/lease of an eligible new 2010/2011 Model Year Chevrolet Aveo, Cobalt and Cruze (excluding 1SB). \$750 Credit may be applied towards the purchase/finance/lease of an eligible new 2010/2011 Model Year Chevrolet Equinox and GMC Terrain. \$1,000 Credit may be applied towards the purchase/finance/lease of other eligible new 2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between February 1, 2011 – June 30, 2011. Ineligible vehicles: Chevrolet Cruze 1SB, Corvette ZR1, all Pontiac, Saturn, Saab, and HUMMER vehicles, and medium duty trucks. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact GM to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives, including the First to Cruze program. See your GM dealer for details. GM reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice.

First homegrown superbug puzzles

► NDM-1, a cause of urinary-tract infection, did not make patient sick ► Bacteria is drug-resistant

Canadian researchers have identified what appears to be the first domestically acquired case of an NDM-1 superbug.

An 86-year-old Ontario man was found to be carrying bacteria resistant to most antibiotics because of NDM-1, or New Delhi metallo-1, an enzyme that alters the DNA of various types of bacteria. NDM-1 is endemic in India and Pakistan and has spread worldwide due to global travel.

But the patient, who was admitted to hospital and then a rehabilitation centre after suffering a stroke last October, had not travelled outside southwestern Ontario for the last decade.



► NDM-1 has spread due to global travel.

None of the man's family members or other close contacts were carrying the superbug, nor had any been to parts of the world where NDM-1 is widespread.

"So it's really unfortunately a mystery in terms of his source, and it certainly suggests that he acquired it

here in the southwestern Ontario region," said Dr. Susan Poutanen, an infectious disease physician at Mount Sinai Hospital in Toronto.

"So whether it was in Toronto, whether it was outside of Toronto, whether it was in hospital or whether it was in the community, at this point we really can't say," added Poutanen, principal investigator of a study on the case.

She said the case is not cause for public alarm but is meant to alert hospitals and labs not to dismiss NDM-1 as a cause of drug-resistant bacteria in patients merely because they have not travelled outside Canada. **THE CANADIAN PRESS**

Flood. Tour



► NDP Leader Jack Layton takes a walk along a street immersed in floodwaters in the town of St-Paul-de-l'Ile-aux-Noix, Que., yesterday.

GRAHAM HUGHES/THE CANADIAN PRESS

Layton sloshes in Quebec

Sporting a pair of thigh-high boots, Jack Layton treaded into floodwaters and into the controversy over Ottawa's response throughout the crisis.

Camera did not go off in Tory's pants, party says

A lewd photo posted on a PC candidate's Twitter account has led to a tongue-in-cheek request to ban BlackBerry smartphones in the legislature to "protect the privacy of members."

New Democrat Peter Kormos took the swipe after what the Conservatives say is an erroneous report that George Lepp's BlackBerry camera went off in his pocket and took a photo of his genitals, which was later tweeted from his account.

Tory spokesman Alan Sakach says no one ever thought the picture was Lepp's, and that he has no idea where the picture came from. He says the candidate's BlackBerry was stolen Saturday night as he left the party's convention. **THE CANADIAN PRESS**

Keeping your number and saving money has never been easier.

\$100
credit

Transfer your number to Mobilicity today and you will receive a \$100 credit. Plus, get unlimited talk, text and data for only \$35 per month.

\$25
per month

Unlimited
Local
Calling

+

Unlimited
Text &
Picture
Messaging

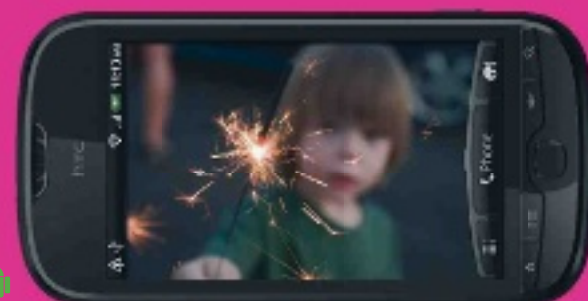
+

Caller
ID

+

Add Unlimited
Data for only
\$10 /month

hTC Panache™ Exclusive to Mobilicity



\$100 credit is provided to customer's My Wallet™ account, in equal installments of \$25 per month for 4 months, when customer port-in his/her number on a new activation. Taxes are extra. Limited time offer. Offer valid only at participating locations. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. All features included in each plan must originate within the Mobilicity Unlimited Zones. Premium and special numbers are excluded. *Text and Picture Messaging* refers to text and picture messages sent to Canada and the Continental US only. Terms and conditions apply. Subject to change without notice. © 2011 Mobilicity. 'Mobilicity' and the Mobilicity logo are trademarks of Mobilicity. HTC Panache and HTC Sense are trademarks of HTC Corporation. Android and Android Market are trademarks of Google, Inc. Other trademarks shown may be held by their respective owners. All rights reserved.

mobilicity
mobilicity.ca

Mobilicity Stores

2525 Carling Ave (Lincoln Fields Mall)
1595 Merivale Road Unit 6 (Meadowlands Mall)
168 Rideau Street
(Corner of Rideau and Dalhousie)
100 Bayshore Drive
(Bayshore Shopping Centre)

173 Montreal Road
(Montreal Rd and Vanier Parkway)
888 Meadowlands Drive East Unit 8
(Meadowlands and Prince of Wales Drive)
300 Eagleson Road (Hazeldean Mall)

Authorized Dealers

L-Tronix Ltd: 1652 Bank Street
FTA Tronix: 1807 Carling Ave
ANT Electronics: 625 Centre Street
Computer Idol: 203 Colonnade Road
L-Tronix Ltd: 500 Eagleson Road
Rocknet Telecom: 1020 St. Laurent Blvd., Unit 12

Bullo Wireless: 1414 Walkley Road
IGO Cyber House Inc: 223 Bank Street
Computer Onsite: 1439 Woodroffe Ave
Joe Mobile Tech: 780 Baseline Road Unit 22

Germany to close all nuke plants by 2022

► Germany's seven oldest reactors, all built before 1980, shut down after problems at Fukushima ► Plants provided 40 per cent of nuclear power

Germany's governing coalition said yesterday it will shut down all the country's nuclear power plants by 2022. The decision, prompted by Japan's nuclear disaster, will make Germany the first major industrialized nation to go nuclear-free in years.

It also completes a remarkable about-face for Chancellor Angela Merkel's government, which last year had pushed through a plan to extend the life span of the country's 17 reactors — with the last scheduled to go offline in 2036.

But Merkel now says in-

dustrialized Japan's helplessness in the face of the Fukushima disaster made her rethink the technology.

While Germany was set to abandon nuclear energy eventually, the decision — which requires parliamentary approval — speeds up that process.

Germany's seven oldest reactors, taken off the grid pending safety inspections following the March catastrophe at Japan's Fukushima Dai-ichi plant, will remain offline permanently, Environment Minister Norbert Roettgen said.

The country's energy



"We want the electricity of the future to be safe, reliable and economically viable."

CHANCELLOR ANGELA MERKEL

supply chain "needs a new architecture," necessitating efforts in renewable energies and overhauling the electricity grid, Merkel said.

The determination of Europe's largest economy to replace its nuclear power with renewable energy sources makes it stand out among the world's major industrialized nations. Among other Group of Eight nations, only Italy has abandoned nuclear power, voted down in a referendum after the 1986 Chernobyl disaster, closing three operating reactors.

THE ASSOCIATED PRESS

Auto. Repairs



► Chrysler Group CEO Sergio Marchionne, right, speaks with Finance Minister Jim Flaherty during a visit to a Chrysler casting plant in Toronto yesterday. They say it's too soon to tell whether the federal and Ontario governments will sell their shares in the recovering car company to Italian carmaker Fiat.

DARREN CALABRESE/THE CANADIAN PRESS

Shares with Italian flair?

Governments acquired 1.7 per cent of Chrysler shares two years ago as part of a bailout to help the company survive the economic downturn.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contract
+ 32 (13,829.70)	+ 0.02¢ (102.34¢ US)	-21¢ US (\$100.38 US)	\$4.563 (+ 4.5¢)	\$1,539.10 (+ \$2.80)

PRICES AS OF 5 P.M. YESTERDAY

No glory for Canuck economy

Canada's economy expanded an impressive 3.9 per cent in the first three months of this year, but there was little cheering in markets with the performance.

Not only was the number slightly below the four per cent consensus expectation, but the elements of growth signalled a sharp brake in the economy ahead.

The most encouraging news in the much-awaited Statistics Canada report yesterday is that the last month of the quarter — March — saw a gross domestic pickup of 0.3 per cent, slightly above consensus.

"It's not just the headline that matters. It's the composition of (first-quarter) growth that is disconcerting," said Derek Holt, vice-president of eco-

102.35¢

Markets reacted negatively to the report initially, shaving one-tenth of a point off the loonie to 102.35 cents.

nomics with Scotiabank.

The composition included a heavy dose of production placed in storage, awaiting future sales, with inventory buildup accounting for three-quarters of the growth.

Meanwhile, consumers were in hibernation, contributing only 0.1 percentage points to growth, and net trade was a drag, with the solid 1.6 per cent rise in exports from the previous quarter swamped by a 2.2 per cent gain in imports. The bright spots were in business investment, manufacturing and housing.

THE CANADIAN PRESS

2% cash back on recurring bill payments.*

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN **\$10,000** in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.®

®Registered trademarks of The Bank of Nova Scotia. *Refer to our ad in this paper.

CTV dishes plans for rebranding A channel

The CTV television network plans to rebrand its A channel stations this fall as the CTV Two network.

CTV's parent Bell Media says the new network will launch as the company transitions the stations to a high-definition signal.

The announcement was made yesterday at the start of "upfront" week, when many homegrown TV stations reveal their fall line-ups in a bid to seek early ad deals.

Citytv announced its lineup yesterday. The Shaw schedule will be released today. THE CANADIAN PRESS

Four Seasons' penthouse sells for \$28M

A Toronto penthouse apartment has been sold for \$28 million, setting a Canadian record.

The apartment occupies the top floor of a 55-storey residential building at Bay Street and Yorkville Avenue in one of the city's most posh shopping areas.

The penthouse is part

of a condominium development that will have a total of 210 private residences and a 253-room Four Seasons luxury hotel. The identity of the buyer was not revealed.

The property will be in the taller of two residential towers, which are currently under construction.

The apartment has about nine thousand square feet of living space and 12-foot-high ceilings, as well as four corner terraces with a view of Toronto's skyline.

The price includes a separate residence for staff, in the shorter 26-storey tower.

THE CANADIAN PRESS

Sweet suites

► The private residences range in size from 1,000 to 9,000 square feet and cost at least \$1.9 million each.

GIRLS' GUIDE TO SURVIVING NHL PLAYOFFS

SHE SAYS...

JESSICA NAPIER
METRO



Say RIP to your relationship for the rest of the hockey season, ladies — your man is about to abandon you in favour of a bunch of bearded dudes on ice.

Yes, the seemingly impossible has happened; a Canadian team has made it to the Stanley Cup final. Now, it may not be "your" team, but the boys in blue and green are Canuck nonetheless, and that means that every Molson-blooded male will be taking up permanent residence on his bar stool/couch cushion of choice for the next two weeks.

A Canadian team hasn't taken home the cup since 1993, so, apparently, this is a pretty big deal. And with many hockey-loving lads still riding high off the 2010 Olympic gold medal win, it seems that people are excited about Vancouver's chances.

Personally, I feel pretty "meh" about hockey, but as someone who looks like Bambi out on the ice, I can appreciate the skill of the sport. Plus, there's fighting and beer; how is a girl going to compete with all the bruising and boozing the NHL has to offer?

Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture. Your presence will be entirely forgotten unless you're in charge of picking up the pizza.

Date nights will be replaced with double overtime. You will be subjected to endless recaps, stats and highlight reels. The sights

and sounds of Don Cherry's colourful blazers and grating commentary will permeate your nightmares.

And, of course, don't expect to score unless his team does. Your sex life is about to become heavily dependent on Roberto Luongo's goaltending. If the Canucks do lose, the phrase "It's just a game" will only worsen your chances with your moody bedfellow.

So what's the best strategy when dealing with hockey-night neglect?

Stay away. Plan field trips with fellow hockey widows and make peace with the fact that you might not have a meaningful conversation with your mate until the post-season ends.

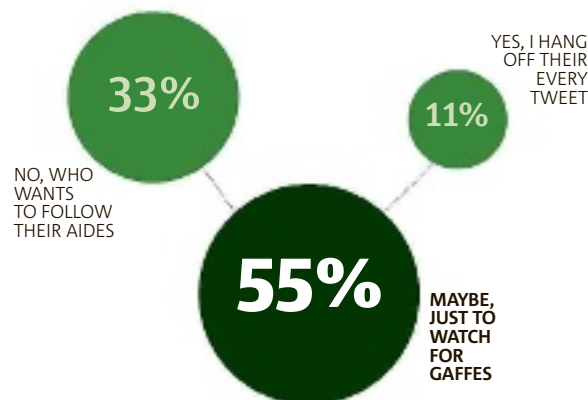
If you do find yourself staying in on game night, do your best to remember this simple commandment: Don't change the channel under any circumstances. It doesn't matter if it's The Bachelorette's "most dramatic rose ceremony ever" — if you even so much as glance at the remote during a commercial break you will be banished from your own home until after Game 7.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metrolifepanel.ca
and take the quick poll

Would you follow a world leader on Twitter?



Local tweets



► @Moumou_xox: Chemistry test done; now I

have a physics quiz to worry about ughh ... Summer can you come any faster?

► @PeterDudley: It's muddy & buggy around Mud Lake right now. #Ottawa

► @scotthayward: Rollerblading has to be the dorkiest thing ever. If I ever participate, I will give up being hyper-critical forever. Promise.

► @snobiwan: @ottawastart Aren't wasps generally solitary? If hornets or wasps swarm, that's casu-

alty territory.

► @anna_labandelo: Studying for Science and Geography. So many things happening this week. I just wanna go to Ottawa with @MAFlower29. AND FOR GRAD

► @KariAtkins: Good news: I am in Ottawa! Go Canada! Bad news: flight is delayed leaving here and it looks like we will miss the connection in Calgary.

► @punllero: Kate and William to attend the Calgary Stampede! Here is hoping they get them really drunk! #therealexperience

Letters

OTTAWA. Thank you, Ottawa! This weekend I had the opportunity to be both a spectator and participant in the National Capital Race Weekend and was amazed to see the outpouring of spirit from the community. The newly unveiled marathon and half-marathon courses were a tremendous success, bringing runners through such diverse and vibrant neighbourhoods as Westboro, Chinatown and Little Italy.

The proximity of the course to the fans allowed people to set up just about anywhere to cheer on the thousands of participants.

And how they cheered!

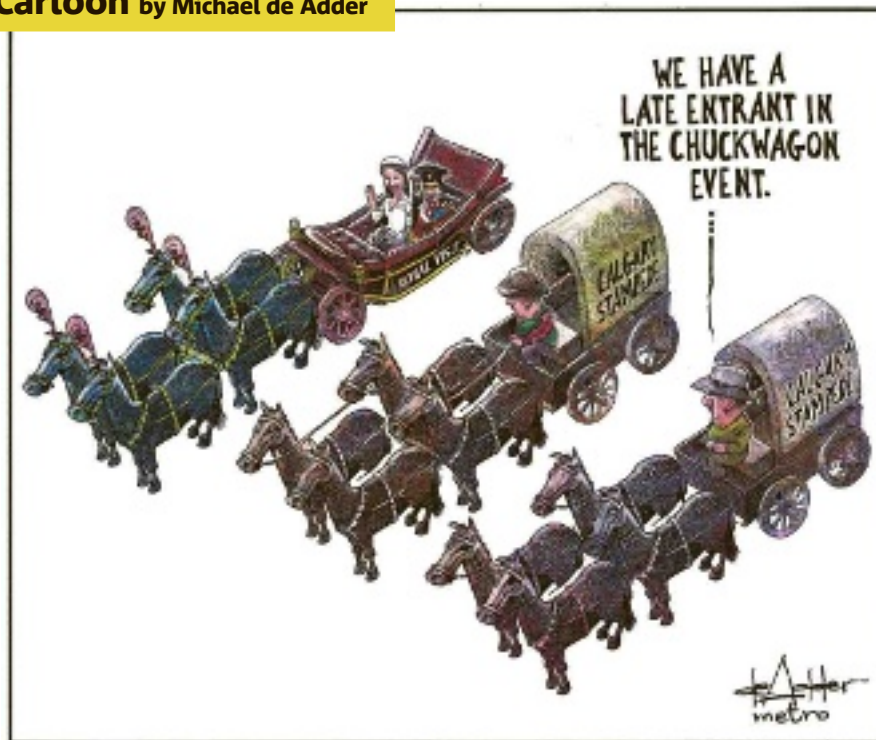
Needless to say, when I took the course for the half-marathon, I made certain that any extended hand along the course got a high-five in acknowledgement of their support.

Between the crowds, the signs and the support, you couldn't help but feel motivated to run forever! Or at least 21.1 kilometres.

Thanks, Ottawa, for a great weekend. See you all next year!

KARLIS BOUSE

Cartoon by Michael de Adder



WEIRD NEWS

It was close to a one-way ticket to a kitchen

Railway officials recently discovered snakes on a train in Vietnam — highly venomous king cobras in bags under a seat.

Railroad official Pham Quynh said passengers were terrified when four cloth bags containing the writhing cobras were spotted Friday. The snakes were alive but had

their mouths stitched shut.

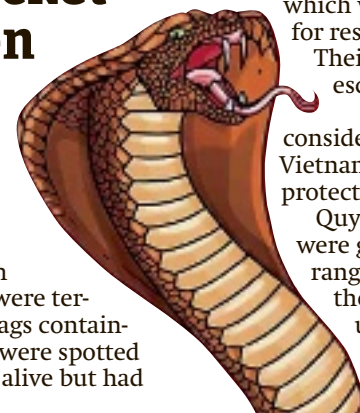
Quynh said the exact number of snakes was unclear, but the bags weighed 45 kilograms.

Security staff removed the cobras, which were likely destined for restaurants in Hanoi. Their owner apparently escaped in the chaos.

Snake meat is considered a delicacy in Vietnam, but cobras are protected by law.

Quynh said the cobras were given to forest rangers who released them into the wild Saturday after no one claimed them.

THE ASSOCIATED PRESS



Morrison gets to sing with his idol

► Glee star paired with Elton John for two songs on his new album
► Actor has been involved in music theatre since he was a teen

KAREN BLISS
SCENE@METRONEWS.CA

Glee star Matthew Morrison sings *Somewhere Over The Rainbow* with Gwyneth Paltrow on his self-titled debut album, but the dream he dared to dream, that really did come true, is singing with the legendary Elton John. The two recorded an epic medley of John's *Mona Lisa* and *Mad Hatters* and *Rocket Man*.

"I wanted to pay homage to one of my favourite songwriters," says Morrison, who had the good fortune to be in the studio with John for the tracking. "It was pretty surreal. I don't know how to describe it. I didn't really take in the moment until maybe a couple of days afterwards, where I was like, 'Did that actually happen?' It felt like a dream."

"I listen to that song now and his voice is so awesome, and then his voice fades out and then mine comes in and it's like, 'Woah!'"

Boy band

► **LMNT.** Matthew Morrison reveals he was once in a boy band called LMNT, complete with matching outfits, but quit before ever recording with them. "You know as a performer when you're embarrassed to be onstage doing the wrong thing," he explains. "It felt so contrived. It was back in 1999 or something where you couldn't throw a stick and not hit someone in a boy band (laughs)."

Sting also joins him on *Let Your Soul Be Your Pilot* but the rest of the songs are solely Morrison. Some of the songs the 32-year-old co-wrote, including the album's lead single, *Summer Rain*.

"I thought that the first single had to start in a really kind of light poppy fun place," he says.

Morrison has worked in musical theatre since his teens and never before released an original album



► Glee star Matthew Morrison released a self-titled album in May.

(he's been on Broadway albums). He realizes his role on the hit TV series as teacher and glee club director Will Schuester has opened doors he wouldn't normally have on a debut

album, including bypassing club shows for theatres and an opening slot on the *New Kids On The Block/Backstreet Boys* tour.

"I have a whole band, an 11-piece band, a horn

section," he says of the costly configuration. "I want to do it right and luckily enough from being on *Glee*, I think I have more of a support system behind me."

2

scene

Scene in brief



PBS officials say hackers have cracked the network's website. The hackers apparently posted a phoney story claiming dead rapper Tupac Shakur was alive in New Zealand. The phoney story had been taken down as of yesterday.

THE ASSOCIATED PRESS



Colombian popstar Shakira says she's considering doing songs, maybe album, in Arabic. Scan code for story.



Free Specialty Beverage of Your Choice

when you purchase any featured toffee crunch beverage.

TOFFEE CRUNCH
FROZEN LATTEBENÉ®

TOFFEE CRUNCH
CHOCO CHILL



Must be of equal or lesser value. Limited time only. At participating cafés only. While quantities last. Not valid with any other offer. No cash value. No coupon necessary. Valid from May 30th to June 12th; 3pm to 6pm daily.



Hart comes out of self-imposed exile

Corey Hart says that dozens of artists — including the high-profile likes of Sean (P. Diddy) Combs and Canadian songstress Nelly Furtado — have asked him for permission to recycle his '80s hits for new songs, and he's always said no.

That is, until he met Marie-Christine Depestre. The chanteuse — who shares Hart's hometown of Montreal and drops her surname when performing — was completely unknown before Hart scooped her up as the inaugural signing on his record label in 2007.

Her debut album came out this week, and the opening tune is *Girl in Shades*, a re-interpretation of Hart's star-making '84 smash *Sunglasses at Night*.

While Hart long resisted

allowing artists to repurpose his songs — the industry word is “interpolation” — he said this time, it simply felt right. And it helped that he was co-producing the track.

"All this time I've been saying no and not making any money — (and with) three (daughters) who want to play pro tennis, it costs a lot of money — and now I saw and understood the method to the madness: it was saved for her," Hart said this week in Toronto, with his protegee seated next to him.

"So I rewrote lyrics and changed a few things in the melody and the structure, worked with a super-talented guy in DJ Champion ... and this lady sings it to heaven." **THE CANADIAN PRESS**

Citytv shows off its TV talent

► Network snatches TV shows from some big Hollywood names for next year's fall schedule ► Also bringing Canada's Got Talent north of the border

TV shows from Hollywood heavyweight Steven Spielberg, *Lost* creator J.J. Abrams and *The Dark Knight* writer Jonathan Nolan are coming to Citytv this fall.

The network's 2011-12 schedule features several buzzed-about programs, including Spielberg's long-awaited dinosaur drama *Terra Nova* and the Abrams thriller *Person of Interest*, written and co-produced by Nolan.

Abrams' prison drama, *Alcatraz*, is slated for a midseason debut.

Citytv is the first of the homegrown outlets to reveal its upcoming slate of shows, a spring tradition that typically involves a parade of new and returning stars as broadcasters seek early ad deals.

The actor who plays Manny on Citytv's returning hit sitcom *Modern Family* is among the celebrities expected to help preview the lineup, which includes six new dramas and five new comedies.

New dramas include *The Playboy Club*, *Revenge*, and the midseason series *Scandal*. New comedies include *2 Broke Girls*,



New Girl, Suburgatory, Last Man Standing and the midseason Apartment 23.

New Canadian series include Canada's Got Talent and Secret Millionaire Canada.

"We are excited to be launching a competitive schedule that balances the proven strength and stability of returning hits with innovative new programming," Rogers president Scott Moore said Monday in a release.

Rogers Media was reportedly the biggest Cana-

dian buyer of U.S. shows in Los Angeles last week, when the company sought fresh fare for its Citytv stations.

Its fall lineup includes four shows that previously aired on other networks — *Raising Hope*, *The Middle*, *Private Practice* and *Shameless*.

Shaw Media plans to reveal its Global TV lineup today while market leader CTV will announce its schedule Thursday.

CBC-TV details its slate June 8.

Citytv's schedule also features the return of dramas *Body of Proof* and *Fringe* and returning comedy series, *Happy Endings*, *How I Met Your Mother*, *Rules of Engagement*, *Parks and Recreation* and *Community*.

Rico Rodriguez, who plays the wise-beyond-his-years tween on *Modern Family* will be joined by *Happy Endings* principal Elisha Cuthbert during a presentation at a downtown theatre.

THE CANADIAN PRESS

See DRIVE ANGRY 3-D the way it is meant to be seen!

WIN a 42" LG CINEiMA 3D TV

*with a matching 3D Home Theatre system
or a Copy of Drive Angry on Blu-ray!*

Enter to win:
www.clubmetro.com/driveangry

DRIVE ANGRY

on 3D/2D BLU-RAY & DVD MAY 31

For full rules see here: Open to legal residents of the United States only. Sweepstakes ends May 31, 2011 at 11:59 PM Eastern Time. Odds of winning are 1 in 10,000. Prize is either a 42" LG Cinema 3D TV or a matching 3D Home Theatre system. Grand prize is a 42" LG Cinema 3D TV or a matching 3D Home Theatre system. Winner must claim prize by May 31, 2011. Void where prohibited. No cash prizes. Taxable event. ©2011 Lionsgate Entertainment Inc.

club metro

LG
CINEiMA 3D

MAPLE CONNECT.ca | **MAPLE PICTURES**

AUGUST 11th, 12th, 13th 2011

LEBRETON FLATS PARK, OTTAWA



KENNY CHESNEY • CARRIE UNDERWOOD

MIRANDA LAMBERT • RASCAL FLATTS

SARA EVANS • BILLY CURRINGTON

DOC WALKER • TARA ORAM • JASON BLAINE

JUSTIN MOORE • EASTON CORBIN • THE KEATS

**NEW! LAYAWAY PAYMENT PLAN
BUY NOW, PAY LATER!**

TICKETS AND INFORMATION:

CAPITALHOEDOWN.NET

613.599.FANS (3267) • 877.788.FANS (3267)

Love in Europe: Lively is being 'wooed' by Leo

Pair spotted together in Italy, France

Leonardo DiCaprio's European tour with rumoured girlfriend Blake Lively continues, though the pair are doing their best to not be seen together.

After a trip to Italy, DiCaprio and Lively returned to France, where they were twice spotted leaving the Saint-Paul de Vence hotel in Saint-Paul separately, according to Us Weekly.

The next day, they returned to Cannes, where they were first spotted together two weeks ago, and boarded a yacht.

"Blake is definitely being wooed," a source says.

"This could be the beginning of something."

● METRO



▶ Leonardo DiCaprio

KIYOSHI OTA/GETTY IMAGES



▶ Reports have linked January Jones to Claudia Schiffer's husband.

Jones won't snitch on her baby-daddy

January Jones has remained mum on the identity of her unborn baby's father, but E! Online reports that it may be her X-Men: First Class director, Matthew Vaughn, who is currently married to Claudia Schiffer. Sources say Jones and Vaughn shared a

"very close" relationship on the film's set, and Schiffer and Vaughn also reportedly abandoned their rented home in Beverly Hills around the time Jones revealed she was pregnant.

Lawyers for Vaughn tell Page Six that the report is an "absolute lie." ● METRO

Celebrity tweets



Sleeping off Paula Deen's home made cinnamon buns in her grandkids bunk beds!



@kathygriffin

@DavidSpade

a knack for getting beat up. ive had it since childhood



@CarrieFFisher

I desperately need 4 #Glastonbury tickets. I'm willing to go to any lengths that doesn't involve nudity- you wont regret it.



@justinbieber

1200 feet in the air....not the best feeling. lol



Memorable weekend for Justin Timberlake

Justin Timberlake's luck is apparently far from running out.

The race car sponsored by his clothing line, William Rast, took the top prize at the Indy 500 this weekend, the car's second time winning the famous race.

"What a Memorial Day weekend! The William Rast car just won the Indy 500," Timberlake posted to Twitter after the race.

"Congrats to Dan Wheldon, the WR racing team and everyone else who put in the hard work for this victory! Unreal!" ● METRO



▶ Justin Timberlake

GETTY IMAGES

Frank J. McDonald
Property Management

170 Lees Avenue
Rideau East Apartments

Students Welcome!
Close to the University of Ottawa / Transit
All inclusive
Underground Parking
Laundry Room
On-site convenience store, restaurant & coffee shop
On-site Management Office

Call: **613-233-0956**
Monday - Friday 8am - 5pm

3 life

Body issues



One third of women on university campuses would trade one year of their life to get their ideal body weight and shape, according to a new study in the U.K. And almost 40 per cent would have cosmetic surgery if money wasn't an issue.

CELIA MILNE



A new tool being used for fighting oral cancer



► Want to meet girls? Try the brooding approach, a new study suggests.

Stop smiling gents

► New study out of Vancouver finds that happy-looking men appear less attractive to women



CELIA
MILNE
LIFE@METRONEWS.CA

Smiling is attractive in women, but in guys — not so much.

An intriguing new study done by psychologists in Vancouver has found that when it comes to attracting women, happy-looking men may finish last.

"There are major differences in the ways emotions affect attractiveness in the two genders," lead author Jessica Tracy told

Metro. "When women smile and show happiness, men find that the most attractive. When men smile and show happiness, women find that the least attractive."

Tracy, who is a professor of psychology at the University of British Columbia in Vancouver, along with graduate student Alec Beall, undertook two studies which included a total of 1,041 people. Subjects were shown hundreds of photographs of the opposite sex display-

"There are major differences in the ways emotions affect attractiveness in the two genders"

DR. JESSICA TRACY

ing either happiness (big smile), pride (puffed-out chest), shame (head down) or neutrality (no expression). The photo viewers were asked, "How attractive do you find this person?"

Results indicated

women were most attractive showing happiness and least attractive showing pride. Men were most attractive when showing pride and least sexy showing happiness. Surprisingly, among young women looking at photographs, even men showing shame were more attractive than men showing happiness.

What's wrong with smiling men? It could be that since men are assumed to be sexually receptive, when they smile, they seem needy or des-

perate. Women prefer the bad-boy look.

"Men who show pride are tough, strong and powerful and women find that attractive," says Tracy.

Since the study involved photos, it only reflects people's first impressions.

"In dating there are lots of other things at play," says Tracy. "It may be relevant only in situations where you only show a photo, such as online dating."

Future studies will explore gay reactions.



ottawa eye clinic

Dr. Maimouna Koala,
Dr. Joseph Mittelman
Optometrists

680 Montreal Rd.
(at Aviation Parkway)
613.745.7844

- COMPLETE PROFESSIONAL EYE EXAMINATIONS
- CHILDREN AND ADULTS
- CONTACT LENSES; ASSESSMENT AND FITTINGS

WALK-IN APPOINTMENTS AVAILABLE

BILINGUAL SERVICES

www.ottawaeyeclinic.ca



FREE PARKING

Yoga pose.

Upward-facing dog/Urdhva Svanasana

What you do:

- 1 Lie prone on the floor. Stretch your legs back, with the tops of your feet on the floor. Bend your elbows and spread your palms on the floor beside your waist so that your forearms are relatively perpendicular to the floor.
- 2 Inhale and press your inner hands firmly into the floor and slightly back, as if you were trying to push yourself forward along the floor. Then straighten your arms and simultaneously lift your torso up and your legs a few inches off the floor on an inhalation.

Keep the thighs firm and slightly turned inward, the arms firm and turned out so the elbow creases the face forward.

- 3 Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.
- 4 Firm the shoulder blades against the back and puff the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Look straight ahead or tip the head back slightly, but

take care not to compress the back of the neck and harden the throat.

- 5 Hold anywhere from 15 to 30 seconds, breathing easily.

Benefits

- Improves posture
- Strengthens the spine, arms, wrists
- Stretches the chest, lungs, shoulders and abdomen
- Firms the buttocks
- Helps relieve mild depression, fatigue and sciatica
- Therapeutic for asthma

STEPHANIE KNUTSSON,
BODYISM YOGA INSTRUCTOR



Blocking bad memories

► Drug to reduce stress hormones may lessen impact of bad memories

A Canadian study suggests a drug used to decrease stress hormone levels may also limit the long-term impact of bad memories, a finding that could potentially benefit individuals who have suffered psychological trauma.

Lead author Marie-France Marin, a doctoral student at the University of Montreal, said researchers knew there was a close link between memory and cortisol, a stress hormone involved in memory recall.

"We knew that lowering cortisol levels at the time



► Study lead author Marie-France Marin.

of learning a new event will decrease the formation of that memory," said Marin, based at the Centre for Studies on Human

Stress of Louis-H. La-fontaine Hospital. "However, for a very long time, we thought that any effect on memory after it has stabi-

lized in the brain would be temporary."

Marin said previous studies have challenged the theory memory isn't changeable by demonstrating that each time an already-acquired memory is retrieved, it makes the memory active again in the brain.

"At the time of reactivation, we can act again on that memory trace in order to change it in a long-lasting manner, so basically we have a second window of opportunity to change memories."

THE CANADIAN PRESS

Having difficulty getting around?

Rent to own your scooter for as low as **\$2.89 per day**

CEM
personal mobility inc.

Call Toll Free: 1 877 407 4111

A free test ride and home evaluation with a mobility consultant is fast easy + fun with no obligation to purchase.
WWW.CEMPERSONALMOBILITY.NET

LOUNGE THURSDAYS

Open 7 days from 9am to 10pm

16, chemin Nordik Old Chelsea, Qc

lenordik.com
819 827-1111 / 1 866 575-3700

Nordic baths
Live DJ
Lounge music
\$5 Martinis
Terrace
Relaxed atmosphere

June 30th July 21st & August 18th

From 6pm

\$45 + TX per person

*** Reservation not required. *** A valid photo ID on the spot.

lenordik
NATURE SPA

Let them eat carbs

► Carbohydrates are no longer the enemy ► A diet high in resistant starch is the latest way to narrow that waistline ► Make sure to pass the breadbasket please; it's OK, I'm on a diet



**ROMINA
McGUINNESS**
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Carb. This nasty four letter word has for too long been associated with gluttony and weight gain. It's both the ultimate comfort food and the reason why we shudder at the thought of chewing on a bread roll. Anyone that has sacrificed hearty bowls of pasta for celery sticks, listen up. The Carb Lovers Diet, written by nutritionist Frances Largerman-Roth and Health magazine editor Ellen Kunes, maintains that the secret to long-term weight loss is a diet rich in non-refined carbohydrates.

"For 20 years diet experts and the media have spread the word that carbohydrates are bad for our health, raise blood sugar levels and make us fat," says Largerman-Roth. "So called healthy diets have supported protein rich plans such as Atkins and South Beach and totally shunned potatoes, bread and pasta."

And yet...

Carbs are stars

The Carb Lovers Diet re-



"There has been such a carbs backlash but research shows that people who ate the most carbs weighed less."

LARGERMAN-ROTH

volves around eating foods rich in resistant starch, a type of carbohydrate that isn't digested in our small intestine, leaving us feeling fuller for longer.

Calorie consumption is naturally curbed as the starch acts as an indigestible, filling fiber. Eating around 15 grams of resistant starch a day also triggers a fat burning enzyme in the body, increasing your metabolism. It's a balanced diet where you learn to eat a healthy amount of good fats, protein and fiber.

"We want people to eat normally and get the right carbs back onto their plates for good," explains Kunes.

When people do eat carbs, they tend to eat the wrong kind. Refined carbo-

hydrates, such as white bread and pasta, are super junky and immediately converted into glucose, leaving you feeling hungry again two hours later.

The carb calculator

Sticking to the plan could have you losing up to eight pounds in 30 days. This is no pasta party. In the initial 'detox' phase, calories

are restricted to 1,200 (average weight loss is six pounds) and gradually increased to 1,600 a couple of weeks later. Men on the plan should add 500 calories on to each phase. Portion control is a big part of the plan's success, as is one's ability to get over their innate fear of carbs.

"There has been such a carbs backlash but impor-

tant research shows that people who ate the most carbs (in countries such as Japan) weighed the less overall and vice versa," says Largerman-Roth.

On the Carb Lovers Diet people finally get to eat what they crave — stars include green bananas, oatmeal, sourdough bread and more — just minus the guilt.



2% cash back
at eligible
drug stores†

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN **\$10,000** in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.®



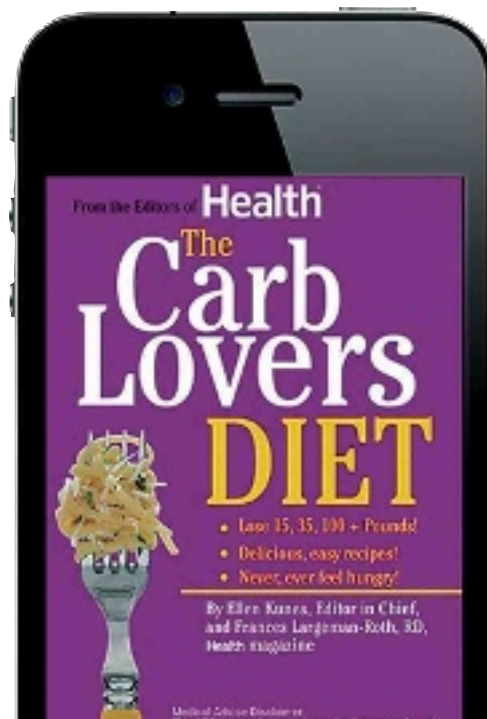
®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

Eat

- **Breakfast:** the 'Elvis': toast-ed rye bread with almond butter and sliced banana. (5.6g resistant starch).
- **Lunch:** Pesto Turkey Club: pumpernickel bread, apple and turkey (2.6g resistant starch).
- **Dinner:** baked two cheese penne with roasted pepper sauce (2g resistant starch).
- **Drink:** fat flushing green tea cocktail — 8 cups of brewed green tea, juice of 1 orange, 1 lemon and 1 lime.

Calories from

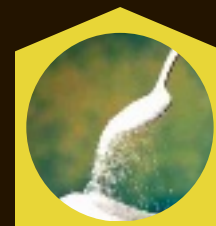
- **Resistant starch:** 45- 60 per cent
- **Protein:** 25 per cent
- **Fats:** 20-25 per cent



Up and down

Sugar

A spoonful of sugar a day could keep the doctor away. Research shows that sugar improves the effects of antibiotics and reduces the strength of chronic and recurrent infections. Glucose and fructose help make bugs vulnerable.



Obesity

You have more than the common cold to worry about as experts claim that obesity could be contagious. Hanging out with family or friends that are overweight could be distorting your perception of what being a 'normal' size really is. There could also be a tendency to eat more when dining out.

The cuddle chemical

A new pill containing the 'cuddle chemical' oxytocin could help prevent post-natal depression, currently affecting 20 per cent of mothers in the United Kingdom.

Increasing the level of this hormone, known for enhancing feelings of love, trust and affection, could help mothers bond with their babies sooner.

► ROMINA McGUINNESS



► Enjoy that slice, Heidi. Just pay attention to your calorie count.

Lots of Losers but few wins

► As North American waistlines grow, so does popularity of weight loss reality shows ► Who benefits?

Despite all the Biggest Loser-type shows on TV, all the pounds shed by their contestants and all the weight-loss products purchased by viewers, America continues to be the Biggest Gainer.

At least 10 weight-loss shows are airing these days, and on The Biggest Loser alone, this season's three top finalists dropped a combined 365 pounds. Yet the rest of us are just getting chubbier, with obesity rates in the United States now the highest of any industrialized nation. In fact, more people are obese today than when Loser premiered in 2004.

So why aren't these reality shows helping in the fat fight?

JD Roth, executive producer of Extreme Makeover: Weight Loss Edition, thinks they actually are.

"The first step to changing some systemic problem in society is awareness and I think (weight) awareness is at an all-time high," says the 43-year-old producer, who is also behind Biggest Loser.

Dr. Terry Schaack, medical director of the California Health & Longevity Institute, where Extreme Makeover: Weight Loss participants do an introductory "boot camp," says there can be a long delay between awareness and action.

"You will see nothing in national figures for proba-



► While weight loss shows are at an all-time high, they aren't helping to prevent obesity, a new study shows.

bly eight to 10 years after a dramatic incident occurs," he says. "The U.S. Surgeon

General went out and told people to quit smoking, I believe it was in '67. A

hoard of people quit smoking, and the incidence of heart disease went down

15 or 20 years later. It takes that long."

THE ASSOCIATED PRESS

Are you a parent with Depression?

Both you and your child can benefit when you seek help



We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

- Men and Women 18 years or older with depression
- Study medication and assessments provided
- All research has been approved by the Research Ethics Board
- Subjects may be eligible for compensation for time and travel
- All queries are strictly confidential



University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale de l'université d'Ottawa

For more information contact Wendy Fusee:
(613) 722-6521 ext. 7828
Wendy.Fusee@rohcg.on.ca

WANTED UNWANTED MOUSTACHES



FREE

CONSULTATION AND SAMPLE TREATMENT

- Permanent Hair Removal
- Private Relaxing Atmosphere
- Over 20 Years Experience
- Microscope for Precision
- Certified Electrologists
- Conscientious Service

CARESS
ELECTROLYSIS

35 Larkin at Greenbank 613.825.2299
www.carsselectrolysis.com

Less does more

► A U of C study suggests that athletes see better performance with less warm up ► Knowledge doesn't apply to the weekend warriors though

When it comes to warming up for a race, a University of Calgary study suggests less is more.

U of C exercise physiologist Elias Tomaras tested Canadian team track cyclists to determine whether a short warm-up with a lower intensity was better than a longer warm-up of higher intensity.

His study, published earlier this month in the *Journal of Applied Physiology*, concluded the shorter, lighter warm-up improved athletes' performances.

Training and competition practices are often handed down from coaches, who are former athletes themselves, to their pupils. They don't like to tinker with what they feel

"It does call into question whether athletes in potentially any sport are doing too much. Normally athletes ... consider the more warm-up the better."

ELIAS TOMARAS

works for them for fear it will affect performance.

National team cyclist Monique Sullivan from Calgary says working up a sweat and breathing hard just before a race makes her feel she's tested her readiness. The 2012 Olympic hopeful has put Tomaras's theory into practice, however, and believes it has merit.

"Sometimes I race seven or eight times in a day and if I have to do that long warm-up over and over again it can be really drain-

ing by the end of the day and Elias found it was actually hurting me for my first effort," Sullivan said Friday at the U of C's Human Performance Laboratory.

"I've started implementing the new warm-up within the last few months. It was scary at first because I didn't get that comfort of knowing I'm really warmed up, but I was confident in his study and confident in the research that comes out of this lab. I tried it in training a few

times and after tweaking it a little bit, I found it was working."

His findings may not be that useful to weekend warriors, who don't push themselves to the limit in short bursts like elite athletes do. But those in competitive sport may want to re-think how they prepare for a race, Tomaras said.

"It does call into question whether athletes in potentially any sport are doing too much," he observed. "Normally athletes and coaches consider the more warm-up the better and you can't be too warmed up."

"This study is suggesting that it's possible to be too warmed up."

THE CANADIAN PRESS



► A new study says that elite athletes could try gradually incorporating a shorter warm-up into their daily training environment to see how it works for them, but casual athletes should still get in a good warm-up to prevent injury.

daily disposable contact lenses



\$8.99
for 32 lenses
delivered direct
to your door



- Save up to \$518 per year*
*ref: 1-day Acuvue from Clearly Contacts
- Safer, healthier and more convenient
- Money back satisfaction guarantee
- Over 325 million lenses sold worldwide
- Health Canada Licence 61427

order
online

search 'daysoft'
or visit **daysoft.ca**

daysoft and silk are registered trademarks of Daysoft Limited

bikram
yoga
ottawa

71 Bank Street, 3rd floor

613-233-9642

www.bikramottawa.com

**HOT
SAVINGS**

7 Day Intro Special
Unlimited Yoga

\$20 + HST

(ONE TIME ONLY)

**The Original
Hot Yoga**



Scan me



**LOOK
GREAT!**

LOSE WEIGHT! FEEL AMAZING!



ISTOCK PHOTOS

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN
EVENINGS &
SATURDAYS



NEW
PATIENTS
WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

BE EDGY! BE COOL! BE HEALTHY!

While spring has been wet and cool, the promise of warmer weather for the summer seems just ahead. And as the summer clothes come out, teens and young adults bring out their new fashions, complete with **tattoos and piercings** that might make some of us parents a tad squeamish.

It may be hard for us to remember, but we probably did the same thing to our parents. Guys with long hair and pierced ears caused quite a furor when many of us were younger. Today, a **pierced ear on a guy seems so tame!**

Perhaps that is part of the issue and we as parents have to accept that our kids have a desire to push the envelope, just as we did. But as parents, **we have a responsibility to educate our kids to make wise choices**, just as our parents tried to.

And when it comes to piercings, there is a lot more to think about other than just how cool it looks. Particularly if we are talking about **piercings of the lips, cheeks or tongue**.

It may not be pleasant to think about it, but **the tongue is prime breeding ground for bacteria**. Millions of these organisms make their home in this small little area of the body. In fact, as much as 70% of the bacteria found in the mouth make their



Dr. Martin LaBoissonniere
Dental Surgeon

home on the tongue.

Bacteria build-up on the tongue can cause serious health concerns. Bacteria are live organisms. They like to grow and they like to move. Just because they start at the tongue does not necessarily mean they will stay there. They may easily move to the teeth and gums. And bacteria at the gum line can cause **periodontal disease**.

More serious problems, such as infections, can occur if the **bacteria finds its way into the bloodstream**. These infections may not necessarily remain in the mouth. Blood flows throughout the body and it can transport that bacteria wherever it goes.

Keeping your tongue clean by brushing it is always important. If you are thinking of **getting your tongue or lips pierced**, you have even more reason to keep your tongue clean. The **piercing creates an open wound that gives easy access for the bacteria to get into the blood stream**. Just think of the infections that could result!

Even if you manage to avoid any infections from the piercing, you have created a great place for bacteria to accumulate. **People with pierced tongues who fail to properly clean around the piercing are more likely to have bad breath than those without piercing.**

We certainly recommend against piercings, but we recognize that the desire to be edgy and cool may trump good health advice. Should that be the case, it is vital that you **keep the area around the piercing as clean as possible**.

Regular visits to your dentist can help in this regard. S/he will be able to let you know if there are any early signs of infection around your piercing. Because avoiding the spread of infection is a healthy habit...and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere
- Dental Surgeon

Help
us
Help
you

We're coming together to build healthier communities but we need your help. By spending a few minutes on OntarioHealthStudy.ca answering questions about your health you could help us end diseases such as heart disease, cancer, asthma, diabetes, and Alzheimer's.



Go online, take part, change the world

ontariohealthstudy.ca



Stay connected

© Ontario Health Study, 2011

Miso adds special flavour to meatless burgers

Made from ground chickpeas, these patties are traditionally fried but can also be cooked in a skillet or baked. And because chickpeas are agreeable to a broad range of flavours, it's easy to play with the seasonings and other ingredients.

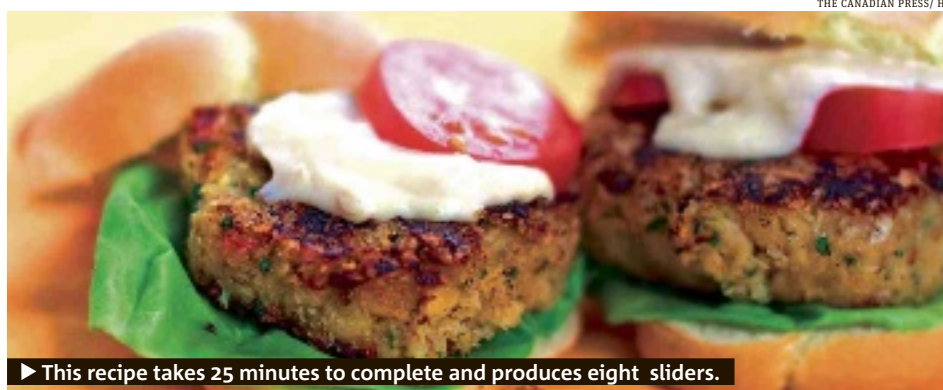
Preparation:

- 1 In a bowl, whisk 30 ml (2 tbsp) of the miso and mayonnaise. Set aside.
- 2 In a food processor, combine chickpeas, remaining miso, cilantro, olive oil, garlic powder, five-spice powder, salt, pepper and lemon zest. Pulse until coarsely chopped.
- 3 Form mix into 8 patties about 7.5 cm (3 inches)

around and about 4 cm (1 1/2 inches) thick. As you are forming patties, firmly pack with fingers.

- 4 Place breadcrumbs in shallow bowl. One at a time, set each patty in bowl; pat breadcrumbs onto all sides.
- 5 In large skillet over medium-high, heat 15 ml (1 tbsp) of the sesame oil. Add patties and cook until browned and heated through, 3 to 4 minutes per side. If patties start to stick, add another 15 ml (1 tbsp) of oil when flipping.
- 6 Serve burgers on buns topped with miso-mayonnaise, lettuce and tomato.

THE ASSOCIATED PRESS



► This recipe takes 25 minutes to complete and produces eight sliders.



2% cash back
at eligible
grocery stores*.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN **\$10,000** in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.*

Scotiabank®

*Registered trademarks of The Bank of Nova Scotia. *Refer to our ad in this paper.

Ingredients:

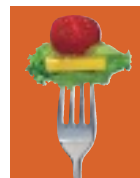
- 120 ml (8 tbsp) sweet white miso, divided
- 125 ml (1/2 cup) mayonnaise
- 2 cans (398 ml/14 oz) chickpeas, drained
- 75 ml (1/3 cup) chopped fresh cilantro
- 50 ml (1/4 cup) olive oil
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) five-spice powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- Zest of 1 lemon
- 375 ml (1 1/2 cups) panko breadcrumbs
- 15 to 30 ml (1 to 2 tbsp) sesame oil
- Sliced tomato
- Leaf lettuce
- 8 mini burger buns

Crêpes and coffee steal the spotlight at Luna Café

► Tucked away in a strip mall, this eatery serves up lots of charm & good food

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



Luna Crêpes and Café could give the enterprise of espresso a run for its money with its charm and good food.

This café is tucked away in a strip mall, with a sign board sitting by the street that caused me to make a sharp turn to check it out.

Gelato, crêpes and good coffee. What more could you ask for? How about a nice patio for those non-rainy summer days?

Inside, you can sit at one of the many tables or lounge on a couch and enjoy the lime green, happy decor.

A popular crêpe is the Cajun Chicken, which had a slight spice to it, and would have been impeccable with a sauce. But anything wrapped in a crêpe is heavenly. On the side, I ordered an iced coffee, which was refreshing.

And for dessert, I tried



► Cajun Chicken Crêpes (\$9.99).

one of the café's Nanimo Bars, but it was a little

stale. Overall, though, Luna shines.

Watermelon Aqua Fresca



Preparation:

- 1 Blend half of watermelon pieces with 125 ml (1/2 cup) of the water until smooth. Strain into serving pitcher. Repeat process with remaining watermelon and water. Add lime juice and honey. Stir until blended. Pour into ice-filled glasses and garnish with watermelon triangles skewered with lime wedge.

Ingredients:

- 1 l (4 cups) watermelon, cut into chunks, divided
- 250 ml (1 cup) cold water, divided
- 15 ml (1 tbsp) freshly squeezed lime juice
- 15 ml (1 tbsp) honey
- Ice cubes
- Garnish: Watermelon triangles, lime wedges

THE CANADIAN PRESS/ WATERMELON.ORG

WHO SAID DATING SITES DON'T WORK?

Names:
David, 47, and Mable, 42

Hometown:
Edmonton

Together since:
2002

Their story:

It was July 2002, and I (Mable) had just requested a leave of absence from work to travel to India and Southeast Asia for six months.

Just for fun, I signed up with Lavalife and started casually dating before I left.

None of the guys seemed right for me until I met David.



Three weeks before my September departure date, I had practically moved into David's place.

D-Day was approaching, and we had to decide what to do about our relationship. I told David it was OK for him to move on with his life; he didn't have to wait for me.

Instead, he decided to join me for six weeks around Christmas.

It was very sad when it came time for me to leave, but I knew I would see him in less than four months.

When he joined me over the holidays, we were both amazed at how well we travelled together.

Backpacking in Asia can be very challenging, and he did extremely well considering he had never travelled overseas before.

When it came time for him to leave, we were both in tears again, but we knew we'd see each other in six weeks. The trip had gone so well, we knew we'd be together for good. It was the longest month and a half of my life, and my en-

thusiasm for travel just wasn't the same without him.

When I returned home in late February 2003, we went back to living together. David proposed a few months later, and we were married in September that year. We now have a very bright four-year-old, Charlotte, who keeps us laughing and on our toes.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

OUTSOURCE THE CLEANING AND FREE UP SOME SPARE TIME

SMUG MARRIEDS



ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

My husband and I both work so our weekends are crazy busy. I'd like to hire a cleaning service to free up some time, but he thinks we'd be throwing away our cash. How can I convince him it would be money well-spent?

Derek says...

Time is money, and hir-

ing a cleaning service is like buying yourself some spare time. If he doesn't help out already, put a dust cloth and toilet bowl brush in his hands and ask him to start scrubbing. After one Saturday afternoon, I'm sure he will find cash from his beer budget to help stuff the cleaning-bill jar.

Angela says ...

Take a look at all your expenses, and then price out what it would cost to have your home cleaned bi-weekly.

It might be easier to afford than you both realize — maybe it just means one less dinner out. Try it out a couple of times and he'll likely warm up to the feeling of coming home to a clean house after work (especially the lovely fresh bedsheets!).



Looking for work in the Security Industry?
We have positions available NOW
Full Time, Part Time, Casual

If you have an Ontario Guard License or a Quebec Security Guard Permit and want to work with the largest and most professional security company in the Ottawa/Gatineau area we want you!



Call us at 613-288-0722 or
visit our website at
www.commissionaires-ottawa.on.ca

Bring your resume to:
24 Colonnade Rd or
100 Gloucester Street Suite 100 in Ottawa or
721 Blvd Saint-Joseph in Gatineau

21JC65N

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (9 LEVELS)

July 4 to September 24, 2011

Evenings: 6 pm to 9 pm (9 Levels)

Saturdays: 9am to noon (6 Levels)

ENGLISH AS A SECOND LANGUAGE (5 LEVELS)

July 4 to September 24, 2011

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (4 Levels)

May 30 to June 24, 2011

Level 1 and 3 - 12:30 pm to 3:30 pm;

Level 2 and 4 - 9 am to noon;

Level 5 and 6 - please check our website

July 4 to July 29, 2011

Level 1 and 3 - 9 am to noon;

Level 2 and 4 - 12:30 pm to 3:30 pm;

Level 5 and 6 - please check our website

FEES: \$30.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191



www.educationpermanente.ca

Time to bring back an old school approach to spending

ON MONEY

ALISON GRIFFITHS
MONEY@METRONews.CA



Last week I was the MC of the joint FCAC-OECD Partnering to turn Financial Literacy into Action conference held in Toronto. Attending were over 400 delegates from all over the world.

As part of my introductory remarks I told the story of growing up in the 1950s in Canada the daughter of an air force officer and a stay-at-home housewife.

My dear old dad was the absolute monarch of our family finances.

He got his pay on the last Friday of every month and immediately deposited it in the bank.

He kept some cash for himself and placed some more in a plain white envelope, which he sealed and bestowed upon my mother as she mixed their Friday night Manhattans.

Mum guarded her housekeeping money zealously.

I never knew how much he gave her, and

that envelope was a source of endless mystery to me.

In those days, a woman was considered a poor housekeeper and wife if she couldn't make the money last until the end of the month.

If she was particularly careful, there would be some left over, and she could use that for herself.

My mother was quite brilliant at squirrelling away nickels and dimes for an extra visit to the hairdresser.

Looking back, I told the delegates, I think that if all the world's financial affairs had been turned over to women of the "housekeeping money" generation, there would have been no sovereign defaults, no asset-backed commercial paper debacle, no subprime mortgage meltdown.

And most certainly no budget overruns!

I have this image of a woman, like my late mother, passing out envelopes to government ministers, banks and other corporations and issuing a stern warning. "When it's gone, it's gone. Don't bother coming back for more!"

Throughout the confer-



► Alison's money rule: Set spending limits, monitor them, then tell yourself, 'when it's gone it's gone!'

ence my mother's envelope took on a life of its own.

Numerous delegates came to tell me that it had been raised in their workshop and a number of presenters wove it into their speech.

I think the message is that something as tangible as cash in an envelope, designated for a certain purpose provides

the kind of spending limit no debit or credit card can do.

Maybe it is time to turn back the clock.

Financial literacy

► There are wonderful resources for financial literacy at the Financial Consumer Agency of Canada: fcac-acfc.gc.ca/

SMART CAR SHOPPING

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONews.CA



Buying a car is a big financial decision!

Cars depreciate like crazy and cost you major dough every month through payments, repairs, maintenance, fuel, and insurance.

So, if you don't need one, don't buy one. But, many people do, so consider buying a used car versus new. The largest portion of depreciation occurs in the first year. So, buy a vehicle more than a year old.

Before you shop, know what you want. Be clear about what needs the vehicle will fill: reliability, performance, safety, money saving (economic), prestige (personal image), etc. Know your desired price range. Narrow down your list to just a few makes and models. You're more likely to get what you want when you know what you want.

Determine the value of the car and be prepared to negotiate a price.

Don't get suckered into "snooze or lose" sales tactics. If the sales pressure is high, turn it down using your research and level-headed thinking.

Check out these websites:

- edmunds.com
- consumerreports.org
- autotrader.ca
- canadianredbook.com

When buying used, it's important to learn as much about the car as possible so you avoid buying a lemon. Ask to see maintenance and repair receipts.

Take the car for a test drive and test everything; from the brakes to the power windows.

Check the vehicle's vehicle identification number (VIN) and get a vehicle history report. The VIN number is visible under the windshield and also on the vehicle's title.

The report is about \$30 to \$50 and can be purchased through carfax.com or carproof.com.

Pull a lien report at your local registry and pay for a professional inspection.

When buying, stay within your budget and remember that a car isn't an asset; it's a tool to get you from point A to B.

STRESSED ABOUT DEBT?

More people talk to BDO for debt solutions than anyone else in Canada. And we've been doing it for over 50 years. It won't cost you anything to call. You'll feel a whole lot better when you do.

GoodThingAboutDebt.ca

BDO. THE ONLY GOOD THING ABOUT DEBT.
613-235-5225 / 1-800-754-1579

BDO

WANTED Home-Stay Families

Interested in a culturally and socially rewarding opportunity?

We are looking for English-speaking families to welcome one or two French Canadian and/or international students aged 15-17 years this summer who will be coming to study English in Nepean. (Merivale/Hunt Club area)

July 3rd to August 6th, 2011

Must provided the following:

- A furnished bedroom
- 3 meals/day (bagged lunch)
- A warm and friendly environment

For more information contact Christine Hogan at 613-294-3995 or email pennysherwood@rogers.com



*fait parler le monde
gets the world talking*

Le Centre linguistique du Collège de Jonquière

\$ REMUNERATION PROVIDED \$

Give Dad what he really wants

Having exhausted their quota of ties, tools and sports paraphernalia, many Canadians struggle every year to come up with thoughtful and affordable gift ideas for Father's Day.

TD Credit Cards associate vice president, Stacie Pearson, offers her top three present ideas for the dad who has everything.

1. Quality time with Dad Shoot some hoops at the park, go to the movies or catch a game together with tickets to his favourite sports team.

2. Gift cards No longer the



► Step up your game this Father's Day.

faux pas of present giving, a gift card will let your dad pick out a gift that he is truly excited about.

3. A new skill Surprise your dad with classes to something he's always wanted to try like gourmet cooking, home beer brewing or sailing. NEWS CANADA

The return of the King

► Back in the NBA finals for first time since suffering sweep in 2007, LeBron is 'honoured' to be there

LeBron James walked through the tunnel leading from the Miami Heat locker-room yesterday, stepped onto the court and gave a yell. He looked down at the NBA finals logo newly affixed on the floor, then smiled and nodded.

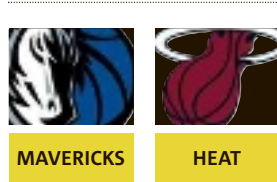
With that, it became real. His championship chance — the biggest reason he came to Miami — has finally arrived.

Swept out of his only other finals appearance four years ago, James will get his long-awaited second opportunity starting tonight when the Heat host the Dallas Mavericks in Game 1 of the NBA's title series.

After a year like no other in his life, starting with the much-criticized "Decision," his jerseys being torched in Cleveland and never-ending, intense scrutiny of his every move, the last challenge will likely prove to be the toughest of them all.

"I'm honoured to be here once again," said James, who led the Cavaliers to the 2007 finals and lost in four games to San Antonio. "Now with this franchise, it's an honour."

"As players, we worked hard. I worked hard individually to get to this point. And I had a lot of visions of being in this moment and now it's hit



► Time: 9 p.m.
TV: TSN, ABC

me, being on that floor, seeing the championship logos and everything, the finals logos. I'm very excited."

It showed yesterday.

He chatted with teammates, taking part in a long-shooting contest with Dwyane Wade, Eddie House and others, looking perfectly comfortable as dozens of photographers clicked away for 30 straight minutes. By now, being in the microscope is an accepted part of the deal for James, who has been dealing with this since his high school days.

Away from the court, though, those who are around the two-time NBA MVP say his focus is even sharper than usual. Winning a title likely won't change perceptions about James. His fans will surely remain fans, his critics will surely remain critics, no matter what happens.

But to him, a championship would mean everything that took place since he publicly said he would join the Heat was all worthwhile.

THE ASSOCIATED PRESS



► Dwyane Wade, left, and LeBron James share a laugh yesterday during practice.

4


sports

Quoted



"Normally, when you're our age, people count you out. They say you don't have anything left in the tank. But as you get older in this league, you get wiser."


MIAMI'S JUWAN HOWARD, ON DALLAS'S JASON KIDD. HOWARD WAS DRAFTED A FEW SPOTS AFTER KIDD IN 1994-95 AND IS THE ONLY PLAYER OLDER THAN KIDD IN THIS YEAR'S NBA FINALS. BOTH PLAYERS ARE 38.



BOYS AND GIRLS CLUB
OF OTTAWA

bgcottawa.org

Keep your eyes open for upcoming Boys and Girls Club
of Ottawa information to be distributed by street
canvassers next week.



Belong. Believe. Achieve.



► Ryan Kesler of the Canucks battles with the Bruins' Tomas Kaberle in a regular-season game in Vancouver on Feb. 26.

Cup final has makings of a classic

► Bruins plan to be physical against well-rested Canucks

The date was Feb. 26, there were stars aplenty on both sides, and the Vancouver Canucks and Boston Bruins met on Hockey Night in Canada in what turned out to be a dandy.

Little did they know that the Bruins' 3-1 victory in Vancouver would turn out to be a preview of the Stanley Cup final.

But to the Bruins, it was just one regular-season game out of 82. Sure, it was a big win. Tim Thomas made 26 saves and Vancouver native Milan Lucic scored the game winner. It was a feel-good night, for sure.

The Bruins practised one last time in Boston yesterday before heading to Vancouver and were complimentary of their opponent.

"Obviously, they're a President's Trophy winner, they're a great hockey team, deep and well coached, and we'll look at things we have to do," Bruins forward Mark Recchi said. "Any key to your team's success is how you play personally. I think we focus on what we do ourselves ... It's who's going to want it more and who's going to play to their abilities the best."

By the time the puck drops in Game 1 tomorrow night, the Canucks, will have had seven days off.

"That's a real challenge for us, to be aggressive but not be stupid about it. So, we have to be smart in our defensive play."

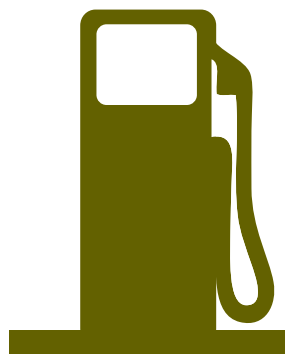
BOSTON'S DENNIS SEIDENBERG ON DEFENDING THE SEDIN TWINS

The Canucks have many weapons, most notably Daniel and Henrik Sedin, the twin forwards who, along with forward Ryan Kesler and goaltender Roberto Luongo, have led this Vancouver renaissance. Together, the Sedins have 37 points this post-season, and Daniel has eight goals.

Kesler could be the X-factor, though. Too much concentration on the Sedins, and the rugged centre will pounce. Kesler scored 41 goals in a breakout regular-season and has followed that up with seven goals and 11 assists in the playoffs.

"There is a lot of skill, there is a lot of speed," Boston coach Claude Julien said in reference to the Canucks. "So, they are a pretty potent team and obviously, they thrive on their power play. So, we are going to have to be a physical team. But we are also going to have to be a very disciplined team."

THE ASSOCIATED PRESS



**2% cash back
at eligible
gas stations†**

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN **\$10,000** in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.®



®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

STANLEY CUP FINAL

Canucks study tape of alien B's

Every edge counts and the Vancouver Canucks are looking to video to provide one in the Stanley Cup final against the Boston Bruins.

The series opener is tomorrow night, but the teams hardly know each other in game situations because they play in different conferences.

They face each other maybe once a year, during the NHL's regular-season grind with little preparation time.

But the two clubs will know each other a little better through video be-

fore they step on the ice in Vancouver.

"That's what we're going to use the next couple of days for," goalie Roberto Luongo said after yesterday's practice.

"We're going to get as much video as we can on them, go through their players, making sure we know everything we need to know about them, their systems and their tendencies and make sure we're as ready as we can be and we don't get any surprises."

Even though he used to play in the Eastern Conference, Luongo said he's familiar with only two Bruin forwards — Nathan Horton and Patrice Bergeron.

"Most of them are going to be (familiar) through video and talking to (goalie coach) Rollie (Melanson) and guys who

have played with their players," Luongo said.

Coach Alain Vigneault said watching video of the Bruins will be like looking at a brand new opponent.

"That one game in the season is probably not reflective of how both teams play on a regular basis," Vigneault said.

"I don't think you can put too much emphasis on the stats from that game."

One Canuck who won't need much video to become familiar with the Bruins is Maxim Lapierre, who has faced them many times as a member of the Montreal Canadiens.

His scouting report was succinct and to the point. "It's a team that's going to show up every shift on the ice," he said.

"It's going to be tough and it's going to be a war."

THE CANADIAN PRESS

Reports say Thrashers' move to Winnipeg nearly done

The Winnipeg NHL watch continues with reports that the Atlanta Thrashers' sale could be complete this week, possibly as early as today.

The Thrashers' owners are in negotiations with True North Sports and Entertainment, which wants to move the team to Winnipeg.

While reports suggested the news might come sooner rather than later, those in the know chose their words carefully yesterday afternoon.

True North spokesman Scott Brown told The Canadian Press via email that "no press conference has been scheduled as of yet."

And NHL deputy commissioner Bill Daly said in an email that "there is nothing done as of now."

The NHL would likely prefer the Thrashers' sale is announced on a Stanley Cup final off-day.

Still, Daly told The Associated Press yesterday there is no strict rule against releasing big news during the final.

Daly said, "It's certainly possible something will be finalized this week."

Yesterday was Memorial Day in the U.S.

The two sides have been working through complex legal details on the sale and relocation of the team. Thrashers fans' hopes for a late local buyer have not been realized.

NHL commissioner Gary Bettman said on his weekly radio show on Thursday the inability to find an owner who wants to keep the team in Atlanta is a barrier the league can't overcome.

"It would be one of those head scratchers where you say, 'Look at all of this great corporate opportunity, look at all of this grassroots hockey, why doesn't somebody want to own a team here?'" Bettman said. "And that would be a difficult but unfortunate situation to be dealing with if it has reached, or does reach that point."

THE CANADIAN PRESS

NHL

PLAYOFFS

All times Eastern

STANLEY CUP FINAL

(Best-of-7 series)

VANCOUVER (W1) VS. BOSTON (E3)

Tomorrow's game

Boston at Vancouver, 8 p.m.

Saturday's game

Boston at Vancouver, 8 p.m.

Monday, June 6

Vancouver at Boston, 8 p.m.

Wednesday, June 8

Vancouver at Boston, 8 p.m.

Friday, June 10

x-Boston at Vancouver, 8 p.m.

Monday, June 13

x-Vancouver at Boston, 8 p.m.

Wednesday, June 15

x-Boston at Vancouver, 8 p.m.

x — if necessary.

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	2	19	21
St. Louis, TB	10	10	20
Lecavalier, TB	6	13	19
Kesler, Vcr	7	11	18
Krejci, Bos	10	7	17
Horton, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	3	14	17
D.Sedin, Vcr	8	8	16
Boyle, SJ	3	13	16
Clowe, SJ	6	9	15
P.Bergeron, Bos	4	11	15
Datsyuk, Det	4	11	15
Burrows, Vcr	7	7	14
Couture, SJ	7	7	14
Downie, TB	2	12	14

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pt	GF	GA
Philadelphia	6	3	2	20	14	9
New York	4	2	6	18	18	11
D.C.	4	4	3	15	16	20
Houston	3	4	6	15	17	15
Columbus	3	3	5	14	11	13
New England	3	5	4	13	10	15
Toronto FC	2	5	6	12	13	23
Chicago	1	4	6	9	15	19
Sporting Kansas City	1	6	2	5	12	19

WESTERN CONFERENCE

	W	L	T	Pt	GF	GA
Los Angeles	8	2	5	29	20	12
FC Dallas	6	3	4	22	16	12
Seattle	5	4	5	20	16	13
Colorado	4	3	6	18	15	13
Real Salt Lake	5	2	2	17	10	4
Portland	5	4	2	17	15	17
Chivas USA	3	4	4	13	14	13
San Jose	3	4	4	13	14	14
Vancouver	1	5	6	9	13	17

Note: 3 points for victory, 1 point for tie.

Sunday's result

D.C. United 3 Portland 2

Tomorrow's game

Vancouver at Chivas USA, 10:30 p.m.

Saturday, June 4

Kansas City at Toronto, 7 p.m.

Columbus at New York, 7:30 p.m.

Seattle at Chicago, 8:30 p.m.

New England at Dallas, 8:30 p.m.

Philadelphia at Colorado, 9 p.m.

Vancouver at Real Salt Lake, 9 p.m.

D.C. United at Los Angeles, 10:30 p.m.

Houston at San Jose, 10:30 p.m.

HOCKEY

AHL PLAYOFFS

All times Eastern

CALDER CUP FINAL

(Best-of-7 series)

HOUSTON VS. BINGHAMTON

(Series tied 1-1)

Tomorrow's game

Houston at Binghamton, 7:05 p.m.

Friday's game

Houston at Binghamton, 7:05 p.m.

Saturday, June 4

Houston at Binghamton, 7:05 p.m.

Tuesday, June 7

x-Binghamton at Houston, 8:05 p.m.

Thursday, June 9

x-Binghamton at Houston, 8:05 p.m.

x — if necessary.

MEMORIAL CUP

At Mississauga, Ont.

Sunday's result

CHAMPIONSHIP

Saint John 3 Mississauga 1

LATE SUNDAY

SEA DOGS 3, MAJORS 1

First Period

1. Saint John, Despres 1, 2:24 (sh)

2. Saint John, Phillips 1 (Huberdeau, Kirkpatrick) 13:17

Penalties — Tesink SJ (roughing) 2:09, Flick Miss (kneeing) 8:34, Cramarossa Miss (roughing) 11:17, Mayer Miss (tripping) 14:36, Smith-Pelly Miss (cross-checking) 18:13, Cramarossa Miss, Jurco SJ (roughing) 20:00.

Second Period

3. Mississauga, Brace 1 (Shugg, Cizikas) 14:41

Penalties — Gagne SJ (tripping) 0:55, Kirkpatrick SJ (slashing) 11:12, Galiev SJ (tripping) 17:21.

Third Period

4. Saint John, Huberdeau 3 (Phillips, MacAulay) 16:17

Penalty — Anthony SJ (hooking) 2:39.

Shots

Mississauga	8	15	12	—35
Saint John	10	6	9	—25

Goal — Mississauga: Anderson (L,3-2-0) Saint John: DeSerres (W,3-0-0).

Power plays (goals-chances) — Mississauga: 0-5 Saint John: 0-4.
Attendance — 5,266.

NBA

FINALS

All times Eastern

(Best-of-7 series)

MIAMI VS. DALLAS

Tomorrow's game

Dallas at Miami, 9 p.m.

Thursday's game

Dallas at Miami, 9 p.m.

Sunday's game

Miami at Dallas, 8 p.m.

Tuesday, June 7

Miami at Dallas, 9 p.m.

Thursday, June 9

x-Miami at Dallas, 9 p.m.

Sunday, June 12

x-Dallas at Miami, 8 p.m.

Tuesday, June 14

x-Dallas at Miami, 9 p.m.

x - played only if necessary.

ACTIVITY

BASEBALL

MLB

AMERICAN LEAGUE

MINNESOTA TWINS—Activated LHP Jose Mijares from the 15-day DL. Otioned LHP Dusty Hughes to Rochester (IL).

NATIONAL LEAGUE

CHICAGO CUBS—Placed INF Jeff Baker on the 15-day DL. Called up INF D.J. LeMahieu from Tennessee (SL).

PITTSBURGH PIRATES—Placed C Ryan Doumit and INF Steve Pearce on the 15-day DL. Transferred RHP Ross Ohlendorf from the 15-day to the 60-day DL. Purchased the contracts of C Dusty Brown and INF Josh Harrison from Indianapolis (IL).

AMERICAN ASSOCIATION
AMARILLO SOX—Released RHP Kyle Godfrey. GARY SOUTHSORE RAILCATS—Signed C Craig Maddox.

KANSAS CITY T-BONES—Signed RHP Aaron Cook and INF Fernando Garcia. SHREVEPORT-BOSSIER CAPTAINS—Signed DH Palmer Karr.

CAN-AM LEAGUE
BROCKTON ROX—Released C Bobby Dombrowski. QUEBEC CAPITALES—Signed INF Efrain Gomez.

NORTH AMERICAN LEAGUE
CALGARY VIPERS—Signed RHP Shawn Hetherington.

CAN-AM LEAGUE

BROCKTON ROX—Released C Bobby Dombrowski.

QUEBEC CAPITALES—Signed INF Efrain Gomez.

NORTH AMERICAN LEAGUE

CALGARY VIPERS—Signed RHP Shawn Hetherington.

FOOTBALL

CFL

WINNIPEG BLUE BOMBERS—Signed LB Henoc Muamba.

HOCKEY

NHL

OTTAWA SENATORS—Signed F Louie Caporusso to a two-year contract and F Jakob Silfverberg to a three-year contract.

SOCCER

MLS

VANCOUVER WHITECAPS—Fired coach Teitur Thordarson and goalkeeper coach Mike Salmon. Announced director of soccer operations Tom Soehn will coach for the remainder of the season.

U.S. COLLEGE

OHIO STATE—Announced the resignation of football coach Jim Tressel. Named Luke Fickell football coach.

SOUTH CAROLINA—Announced QB Stephen Garcia returned to the team on a probationary basis after being suspended on April 6.

GOLF

CHRONOLOGY FOR THE MEN'S NUMBER-ONE RANKING

May 29, 2011 - Luke Donald

April 24, 2011 - Lee Westwood (5 weeks)

Feb. 27, 2011 - Martin Kaymer (8 weeks)

Oct. 31, 2010 - Lee Westwood (17 weeks)

June 12, 2005 - Tiger Woods (281 weeks)

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	30	23	.566	—
New York	29	23	.558	½
Tampa Bay	28	24	.538	1½
Toronto	28	26	.519	2½
Baltimore	24	28	.462	5½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	31	20	.608	—
Detroit	27	26	.509	5
Cincinnati	24	31	.436	9
Chicago	23	30	.434	9
Minnesota	17	35	.327	14½

WEST DIVISION

	W	L	Pct	GB
Texas	28	25	.528	—
Los Angeles	29	27	.518	½
Seattle	27	26	.509	1
Oakland	27	28	.491	2

Yesterday's results

Toronto 11 Cleveland 1

Detroit 6 Minnesota 5

N.Y. Yankees 5 Oakland 0

Seattle 4 Baltimore 3

L.A. Angels 10 Kansas City 8

Texas at Tampa Bay

Chicago White Sox at Boston

Sunday's results

Boston 4 Detroit 3 (1st game)

Toronto 13 Chicago White Sox 4

Tampa Bay 7 Cleveland 0

L.A. Angels 6 Minnesota 5

Texas 7 Kansas City 6

Oakland 6 Baltimore 4

N.Y. Yankees 7 Seattle 1

Detroit 3 Boston 0 (2nd game)

Tonight's games

Texas (C.Wilson 5-3) at Tampa Bay (Cobb 0-0), 6:40 p.m.

Minnesota (Duensing 2-5) at Detroit (Scherzer 6-2), 7:05 p.m.

Cleveland (Talbot 1-1) at Toronto (Morrow 2-2), 7:07 p.m.

Chicago White Sox (Floyd 5-5) at Boston (Aceves 2-0), 7:10 p.m.

L.A. Angels (Pineiro 2-1) at Kansas City (Francis 1-5), 8:10 p.m.

N.Y. Yankees (F.Garcia 3-4) at Oakland (Anderson 3-4), 10:05 p.m.

Baltimore (Guthrie 2-6) at Seattle (Bedard 3-4), 10:10 p.m.

BLUE JAYS 11, INDIANS 1

Cleveland	ab	r	h	bi	Toronto	ab	r	h	bi
Brantly cf	2	0	1	0	YEscor ss	4	1	2	1
ACarer ss	3	0	0	0	CPttrns lf	4	1	0	2
Everett ph-ss	1	0	0	0	Bautist rf	3	1	2	2
Choo rf	4	0	1	0	McCoy ph-rf	1	0	0	0
Duncan dh	4	1	2	1	JRiver lb	5	0	0	0
OCarer 2b	4	0	1	0	Arendi c	4	1	2	1
CSantn c	3	0	1	0	A.Hill 2b	3	1	0	0
LaPort 1b	4	0	0	0	ETHms dh	4	2	2	0
Keams lf	3	0	1	0	RDavis cf	4	3	3	2
Hannhn 3b	4	0	1	0	J.Nix 3b	4	1	2	2
Totals	32	1	8	1	Totals	36	11	13	10

Cleveland 000 100 000 1
Toronto 002 720 00x 11

E—O.Cabrera (4). DP—Cleveland 1, Toronto 3. LOB—Cleveland 8, Toronto 5. 2B—Bautista (9), Arencibia (8), R.Davis 2 (7), J.Nix (4).

HR—Duncan (2), J.Nix (3). SF—C.Patterson.

Cleveland Carmona L,3-6 4 9 9 7 2 3
Durbin 2 3 2 2 0 0
R.Perez 2 1 0 0 0 0

Toronto Jo-Reyes W,1-4 9 8 1 1 4 4
T—2:21. A—12,902 (49,260) at Toronto.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	34	20	.630	—
Florida	30	21	.588	2½
Atlanta	30	25	.545	4½
New York	24	28	.462	9
Washington	22	31	.415	11½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	32	23	.582	—
Milwaukee	29	25	.537	2½
Cincinnati	28	27	.509	4
Pittsburgh	24	27	.471	6
Chicago	23	29	.442	7½
Houston	20	34	.370	11½

WEST DIVISION

	W	L	Pct	GB
Arizona	29	24	.547	—
San Francisco	29	24	.547	—
Colorado	25	27	.481	3½
Los Angeles	24	30	.444	5½
San Diego	23	31	.426	6½

Yesterday's results

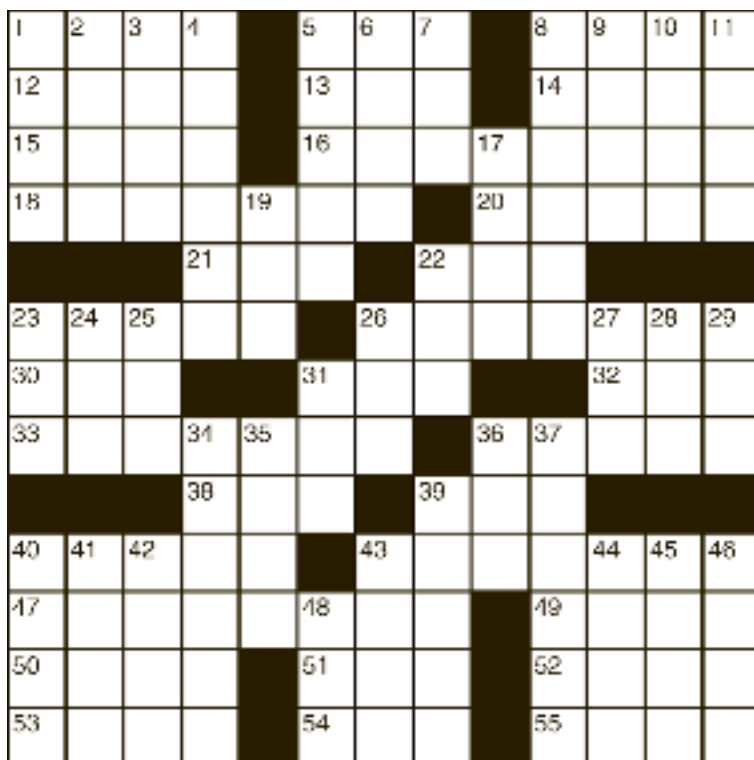
Philadelphia 5 Washington 4

San Diego 3 Atlanta 2 (10 inn.)

Crossword

Across

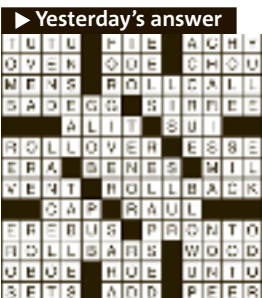
1 Ragamuffin
5 Suitable
8 Academic
12 Stench
13 Bakery purchase
14 Jason's ship
15 New Zealand bird
16 Norm
18 Livingstone's rescuer
20 Just sat there
21 Petrol
22 Individual
23 Westminster, for one
26 Of tin
30 Round Table address
31 Enthusiast
32 Alias abbr.
33 Suffragist Elizabeth Cady —
36 Just defeated, with "out"
38 Eg. and Syr., once
39 Pigpen
40 Actor Quinn
43 Comedy style
47 Horse-drawn carriage
49 Emanation
50 Body powder
51 Sheepish remark?
52 Periodicals, for short
53 Sheltered
54 Doctrine
55 Bullring bravos
Down
1 Stir-fry vessels
2 Mine entrance
3 Corn Belt state
4 Surrey decoration
5 Church sections
6 Compassion
7 Afternoon beverage
8 Enrage
9 Exam format
10 Shrek, for one
11 Lincoln in-law
17 1492 carrier
19 Deposit
22 Mel of Cooperstown
23 Donkey



2 Mine entrance
3 Corn Belt state
4 Surrey decoration
5 Church sections
6 Compassion
7 Afternoon beverage
8 Enrage
9 Exam format
10 Shrek, for one
11 Lincoln in-law
17 1492 carrier
19 Deposit
22 Mel of Cooperstown
23 Donkey

24 Morsel
25 Support system?
26 Baltimore newspaper
27 Gripe repeatedly
28 Eisenhower
29 Scoundrel
31 Neither partner
34 Subtlety
35 Trig. function
36 Greek vowel
37 Generator
39 Kettle output
40 "The Thin Man" dog

41 Slanted type (Abbr.)
42 Driver Earnhardt
43 Resorts
44 Two-way
45 Desire
46 Elapse
48 Japanese sash



For today's crossword answers and horoscopes: metronews.ca

Today's horoscope

♈ Aries March 21-April 20 Do something that others do not approve of.

♉ Taurus April 21-May 21 Amaze friends and family alike: do something unexpected.

♊ Gemini May 22-June 21 Are you the only sane person left in the world? Maybe you are, but more likely you are seeing things from the wrong angle.

♋ Cancer June 22-July 22 Don't bother trying to reason with other people today, be-

cause they are driven by emotion and superstition.

♌ Leo July 23-Aug. 23 Do whatever it takes to stay in good spirits.

♍ Virgo Aug. 24-Sept. 22 Just because others are greeting the day with a frown does not mean you have to do likewise.

♎ Libra Sept. 23-Oct. 23 If you don't feel like working today then don't force yourself.

♏ Scorpio Oct. 24-Nov. 22 You are where you are, so get real and make the best of it.

♐ Sagittarius Nov. 23-Dec. 21 There are days when it is wiser to keep your thoughts to yourself and this is one of them.

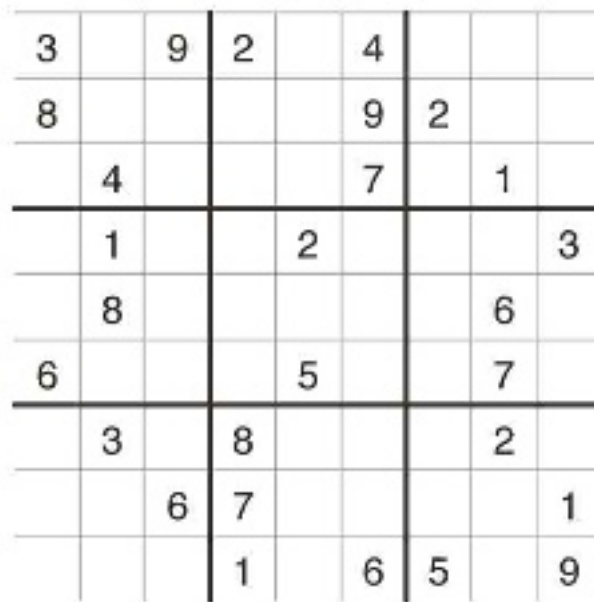
♑ Capricorn Dec. 22-Jan. 20 Employers and colleagues will be demanding today.

♒ Aquarius Jan. 21-Feb. 18 There is a thin line between genius and folly.

♓ Pisces Feb. 19-March 20. Don't let your imagination get in the way of logic.

● SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	1	7	4	2	8	5	6	9
8	5	9	1	3	7	2	4	6
8	2	4	5	6	7	1	3	9
1	8	3	2	6	5	4	9	7
2	7	6	9	1	4	3	8	5
4	9	8	7	3	1	2	5	6
7	6	8	3	4	2	9	5	1
8	3	2	8	5	1	6	7	4
6	4	1	6	7	9	8	3	2

Today



29°/17°
Partly cloudy

Wednesday



28°/12°
Thundershowers



You have voted us a 1 for best forecasts on TV. Thank you Canada!

©The Weather Network 2011

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

May Madness!

One-day HOT offers every Tuesday & Thursday in May!

FLIGHT CENTRE
Unbeatable



1 866 720 4853
flightcentre.ca

*\$100 CAD onboard credit is per cabin booked. Cruise must be 3 days or longer. Valid on new bookings only. Not valid in conjunction with any other offer. Booking must be made and paid in full on May 31, 2011. Not valid on www.flightcentre.ca bookings. FICO

Today's Offer

Receive
\$100*

Onboard Credit
when booking any cruise
3 days or longer.

KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit **metronews.ca** daily to see who loves whom, or...who loves you!

metro

GET THE CAREER YOU WANT! CLASSES STARTING SOON

Personal Support Worker

Part time evening program now available!

Program Objective

Knowing that you are making a difference for people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

Sensitivity to individuals and their rights is a central theme of the instruction for the Personal Support Worker. Students will acquire the necessary skills to respond to the emotional and physical needs of residents and clients who are under their care. This 27 week program includes 11 weeks of clinical placement and is offered mornings, afternoons, and evenings.

In order to graduate from this program, you must pass a national uniform examination administered by the National Association of Career Colleges.

Personal Support Worker subjects include:

- Student Success Strategies
- Computer Essentials
- Individuality of the Person
- Role of the Worker
- Interpersonal Skills
- Safety
- Assisting with Mobility
- Household Management and Meal Preparation
- Providing Optimal Support
- Cognitive Impairment and Mental Health Issues
- Assisting with the Management of Ongoing Conditions
- Assisting with Personal Hygiene
- Assisting the Dying Person
- Assisting the Family
- Assisting with Medications
- First Aid and CPR – Level C
- Abuse



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act, 2007* enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



Paralegal

Part time evening program now available!

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada. To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

This 44 week program includes a 4 week co-op placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

**NEW
program**

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 40 week program including a 3 week co-op placement.

CALL TODAY
Classes Starting Monthly!
613-722-7811

Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 38 week program. **CPA ENDORSED**

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world! Complete this diploma program through online distance education.

 **ALGONQUIN CAREERS ACADEMY™**

1644 Bank St. 613-722-7811 www.algonquinacademy.com

72 Hour Sale

Get a **FREE** pair of glasses when you buy a pair of glasses!



Dakota Smith
Independence Olive

\$38



Ltete
1024 Gun/Silver

FREE



Nike
7003 Green

\$68



Derek Cardigan
7003 Green Tortoiseshell

FREE



Guess
1505 Tortoise

\$88



Cynthia Rowley
224 Blueberry

FREE



**Hurry! Sale ends
Thursday at midnight**



CoastalContacts.com

World's Largest Optical Store

Find us on facebook 
www.facebook.com/ClearlyContacts.ca

Trevor Linden
Hockey All-Star

Buy one frame and get the second frame free (Pay for the higher value of the two frames). Offer Includes all Frames and 1.50 standard index lens. 365 Day Exchange available for both frames. Exchanges allowed for any frame in stock that is of equal or lesser value. Free Shipping with all exchanges. No Refunds, all sales final. Sale ends Thursday June 2nd at midnight.